

all you

Enjoy life for less!

WHAT TO EAT
FOR MORE
energy

ISSUE 10, OCTOBER 2015

INSIDE

23 Delicious
Recipes for Fall

Are You
at Risk for
Diabetes?
FIND OUT ON P.33

Update
Your Look
Without
Spending a
Bundle

slash
YOUR
GROCERY
BILL
IN HALF

Save Big
in Every Aisle

BOO!
NEW
TWIST ON
CANDY
APPLES

Happy
Halloween!

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YES TO BASKHEADBALL
NO TO HIGH FRUCTOSE CORN SYRUP.

PUSH PLAY

YOU DECIDE WHAT THEY DRINK.

LEAVE THE REST UP TO THEM.

NOW WITH
NO
HIGH FRUCTOSE
CORN SYRUP

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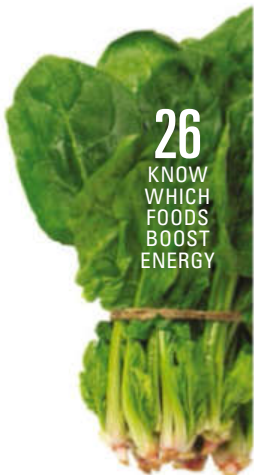


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68

HALLOWEEN
OUTFITS
FOR KIDS
AND PETS



26

KNOW
WHICH
FOODS
BOOST
ENERGY

all you OCTOBER 2015 CONTENTS

62

WOMEN WHO NURTURE—AND
EMPOWER—SCHOOLKIDS



13

LOOK WIDE AWAKE
WITH MAKEUP TRICKS



your self

- 13 Instant fixes to look beautifully rested
- 14 The clothes lover's guide to shopping wisely
- 20 Upgrade your hair tools

your health

- 25 Your breast cancer questions answered
- 26 The top 10 most energizing foods
- 33 Learn the facts about diabetes

great food

- 37 Savor the season with tempting recipes
- 48 Halloween desserts
- 57 Smart food advice

your family

- 61 Stress-free after-school activities
- 62 These women enrich children's lives
- 68 Adorable costumes for your kids (and four-legged friends)
- 76 Smart family advice

your money

- 79 Choose the right credit cards
- 82 Save big on groceries
- 89 Do-it-yourself car repairs
- 93 Have a happy, haunted Halloween with crafts and technology

Also in this issue

- 2 Shop smarter
- 5 Between us
- 9 Your time
- 96 Brainteasers
- 100 Horoscope
- 101 Survey
- 102 Giveaways
- 104 'My life as a mom'

82

FOOD SAVINGS, A TO Z



37

MAKE THE
MOST OF
AUTUMN'S
BOUNTY



79

FIND THE BEST CARD
FOR YOU



EXCLUSIVE WAYS TO SAVE

➔ 1 IN PRINT

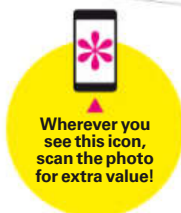
Scan for bargains on products and recipe ingredients. Use your smartphone to scan product photos on specially marked pages to purchase items you like. You also can scan recipe photos, then organize menus, create a shopping list and find nearby bargains on ingredients. Here's how to do it:

DOWNLOAD THE FREE DIGIMARC APP

(available at Google Play and iTunes). Launch it, then hover your phone 4 to 7 inches above the picture (line it up in the on-screen crosshairs).

IF YOU'VE SCANNED A PRODUCT PHOTO, your browser will open to a page where you can comparison-shop, buy an item or sign up to receive price-drop alerts.

IF YOU'VE SCANNED A RECIPE PHOTO, your browser will open to our sister site myrecipes.com. Save the recipe to your MyRecipes account, then make menus, shopping lists and more. Don't have an account? Sign up on the spot.



➔ 2 ON MOBILE

Do you read **ALL You** on an Android device, an iPad or iPhone or a Kindle Fire? With our Shop Now service, you can buy featured products, compare prices or sign up for price-drop alerts. Just connect to the Web, then tap the pink bar at the top of the screen.

*** TAP HERE TO SHOP!**



➔ 3 ONLINE

Visit allyou.com/coupons-deals to snag up to \$500 worth of coupons each month. Sign up for our Daily Free Sample Newsletter at allyou.com/newsletters. We find the best freebies and deliver them to your in-box Monday through Friday.



THIS MONTH'S COUPONS AND DEALS

Bausch and Lomb,
\$3 off eye drops
(p. 19)

Ghirardelli,
\$1 off (p. 53)

Gwynnie Bee,
30-day free trial
(p. 16)

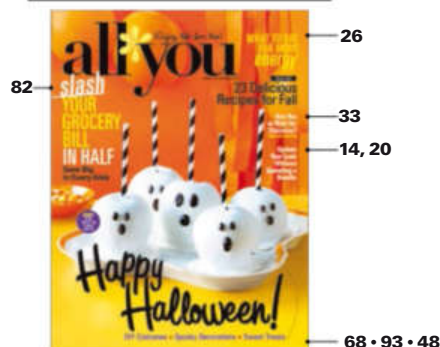
Hershey's,
55¢ off a four-pack
of pudding cups
(p. 86)

**Monroe
andmain.com,**
20% off
(p. 18)

Letote.com,
25% off
first month
(p. 16)

**Quilted
Northern,**
\$1 off
(p. 81)

FIND OUR COVER STORIES



FRIGHTFULLY GOOD!

Using white candy melts and chocolate chips, you can whip up a plate of sweets that every ghoul will love—they're a simple twist on classic candy apples.

For the complete recipe, and other Halloween dessert ideas for trick-or-treaters, turn to page 48.

COVER PHOTO: JONNY VALIANT,
FOOD STYLING: JOYCE SANGIRARDI, PROP STYLING: ED GALLAGHER



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from the *EDITOR*

My calendar gets packed in the fall, what with family gatherings, school meetings and my kids' activities. It's a busy time, but it's exciting, too. (I'll use the roundup of energizing foods on page 26 to help me keep up the pace!)

The ALL YOU social channels are buzzing as well. If you're not yet following ALL YOU on Facebook, Instagram, Pinterest or Twitter, you should join us. Some of the best conversations I've heard lately were happening on our Facebook page. We've always known our readers are smart, resourceful and creative, and the proof is in their comments, photos and tweets.

Halloween tends to bring out the Pinterest addict in people, and this issue's spooky sweets (page 48) and DIY costumes (page 68) are too cute not to pin...even if, for some of you, that means pinning them to your kitchen bulletin board. And check out the invigorating stories about women making a difference for kids in their communities (page 62).

Seasons change, but change is usually good.

Clare McHugh, editor
clare@allyou.com

THANKS TO ALL THE READERS WHO HELPED CREATE THIS ISSUE



Melanie Carroll, 30
SAUGERTIES, N.Y.

Looking for a good read? Evelyn has a recommendation.

PAGE 10

Evelyn Cruze, 68
PUTNAM COUNTY, FLA.

Lisa Greissinger, 53
NEW YORK CITY

Lindsey McClennahan, 25
GUTHRIE, OKLA.

Stacey Merzanis, 53
LOS ANGELES

Michelle Rittler, 35
BETHLEHEM, PA.

Michelle found a new way to enjoy acorn squash.

PAGE 6

Cyndi Tucker, 51
HENDERSON, NEV.



Check out how Lisa keeps her kids occupied after school.

PAGE 61



Your skin will glow with Lindsey's tip.

PAGE 13

IT'S ON! Enter the ALL YOU GAME-DAY Dessert Contest

Whether it's football-shaped cakes, cookies decorated like a gridiron, or something else entirely, we're looking for fun, doable ideas for game-day desserts. The winner, chosen by a panel of ALL YOU editors, will take home \$500. Two runners-up will each get \$250. Honorable-mention winners' desserts will be featured on allyou.com.

To enter, upload a photo of your creation to allyou.com/game-day-contest, along with instructions for assembling and decorating the dessert. We don't need the recipe, but please indicate what you started with (for example, a layer cake or sugar cookies).

NO PURCHASE NECESSARY The All You "Game-Day Dessert" contest begins at 12:01 a.m. Eastern time (ET) on 8/21/15 and ends at 11:59 p.m. ET on 10/1/15. Open to legal residents of the 50 United States and the District of Columbia age 21 or older at the time of entry. Void where prohibited by law. For full rules and instructions on how to enter, visit allyou.com/game-day-contest.



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From the February issue



Find the recipe at allyou.com/acorn-squash, or get it by scanning the photo at left. (See page 2.)

'I made it!'

SAUSAGE-STUFFED ACORN SQUASH

'MY REVIEW'

"I loved that this dish required relatively minimal prep work and how it didn't require me to hunt down any esoteric ingredients in the grocery store. Plus, it felt like a comfort dish without the heaviness."

'MY TWEAK'

"The original recipe called for turkey sausage, but I couldn't find turkey sausage in our market that wasn't flavored with other ingredients. I used sweet Italian sausage instead, and I thought the dish turned out deliciously!"

'MY TIP'

"The recipe calls for thawed chopped spinach that has been well drained. If you typically thaw spinach in the microwave, avoid burning your fingers by using a potato ricer to squeeze out the excess water."



"I recently discovered how much I enjoy the subtle flavor of acorn squash, and had been looking for new ways to prepare it other than just roasting it. When I saw this recipe, I knew I had to try it."

Michelle Rittler, 35, Bethlehem, Pa.

QUESTION HOW DO YOU SAVE MONEY ON PET CARE?



"We try to avoid buying boxed treats. We make our own, healthier treats instead. One of Leo's favorites is sliced sweet potatoes placed in a food dehydrator."

—Cyndi Tucker, 51, Henderson, Nev.

"In addition to using coupons and shopping sales, I trade products with friends. If my dogs and cats don't like something, I pass the product to friends for their pets."

—Stacey Merzanis, 53, Los Angeles

CHEAP TRICKS



DIY

"My kids always prefer to eat their favorite Chinese foods with a pair of chopsticks instead of a fork and knife. To make it easier for them, I took the standard wooden ones that come with takeout meals and used hot glue to attach a clothespin in between the top end of each pair."

—Camilla Fabbri, cfabbridesigns.com



ORGANIZING

"Got cord clutter?"

I made my own charging station by concealing a power strip in a shoe box. I covered it with floral wrapping paper, then cut holes in the box for the power cords to pass through."

—Jill Nystul, onegoodthingbyjillee.com



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is finally slipping away."

— Laura P., *new mom*

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yourtime

5 Things to Do This Month



SCAN
THE PHOTO
AT CENTER
TO BUY THE
PRODUCTS
ON THIS
PAGE.
See page 2.



WATCH IT! **SISTERS, SEASONS ONE AND TWO**

Years before *Sex and the City* debuted on television there was this beloved 1990s series about the Reed sisters: Alex, Frankie, Georgie and Teddy. They overshaed, fought and dealt with alcoholism, extramarital affairs and more—and always had one another's back. With the release of this DVD set, you can laugh and cry once again with the gang. Starring Swoosie Kurtz, Sela Ward, Patricia Kalember and Julianne Phillips.

1

SEE IT! **PAN**

Ever wonder how Peter Pan became the boy who never grew up? In this origins story, 12-year-old Peter (Levi Miller) is kidnapped by pirates from a London orphanage and whisked away in a flying ship to Neverland. There, heroic Peter joins forces with good-guy Hook (Garrett Hedlund) and Tiger Lily (Rooney Mara) to prevent the villainous Blackbeard (a barely recognizable Hugh Jackman) from taking over their magical land. Opens Oct. 9. (Not yet rated)

Levi Miller
as Peter Pan



2

ENJOY IT! **FORTUNE CARDS**

Scratch one of these cards daily to receive an affirmation. Each box of 60 "fortunes" comes with a little wooden easel so you can display your favorite. **\$17; quartoknows.com.**

3

SEE IT! **MASTERMINDS**

In this comedy, based on a 1990s North Carolina heist, David (Zach Galifianakis) is anything but a mastermind. His monotonous job is transporting other people's money—in an armored truck—day in and day out. That is until his work crush (Kristen Wiig) lures him into stealing \$17 million. When David naively trusts a group of not-too-bright, double-crossing criminals, things go hilariously awry. Also starring Owen Wilson and Jason Sudeikis. Opens Oct. 9. (PG-13)



Sudeikis and
Galifianakis



4

PLAY IT! **DOG BINGO**

A twist on the traditional version, this game swaps numbers for dog breeds from around the world. It contains 64 illustrated dog tokens, 12 bingo cards and colorful counters, as well as information on all the dogs featured, including some of their quirky, lovable traits.

Dog Bingo board game, \$30; amazon.com.

Compelling reads

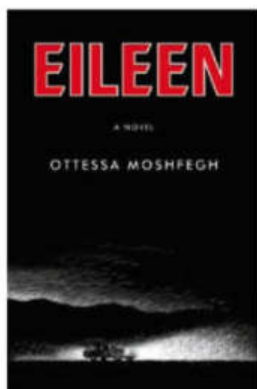
Books bound to stick with you long after you turn the last page



BIG MAGIC

BY ELIZABETH GILBERT

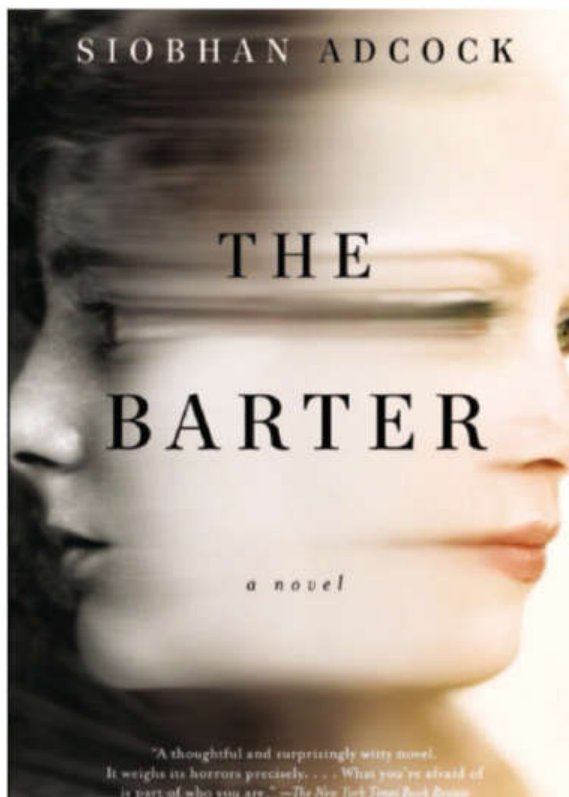
Whether you long to write the great American novel or you just want to be more present and mindful in your daily life, you can find plenty of inspiration in this self-help tome, written by the author of *Eat, Pray, Love*. The book encourages the reader to stay focused on whatever she deems to be important in her life. Although some people might be put off by the New Age-y spirituality, the can-do, optimistic tone makes for an uplifting read.



EILEEN

BY OTTESSA MOSHFEGH

It's the early 1960s, and 24-year-old Eileen splits her time between her job as a secretary in a boys' correctional facility outside Boston and caring for her alcoholic father, all the while dreaming of killing her father and escaping to New York City. When a new counselor starts at the facility, Eileen befriends her and becomes complicit in a crime even more perverse than her fantasies. Told from Eileen's perspective 50 years later, this dark tale is certain to have you enthralled.



THE BARTER

BY SIOBHAN ADCOCK

In her debut novel, Adcock (who serves as the ALL You digital director!) tells the harrowing tale of two women in Texas—one living in present day, one living more than a century ago—as they struggle amid huge change. Bridget has just quit her job as a lawyer to stay home with her daughter, while back in 1902, Rebecca has married a farmer. The paranormal bits of this ghost story aren't too scary, but the tension between the characters and their husbands, along with the suspense of seeing how much each woman must sacrifice, is definitely haunting and likely to keep you reading until the wee hours of the morning.

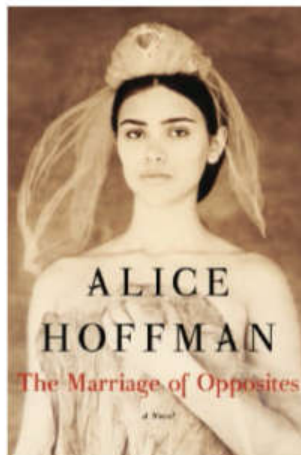


BLUEPRINTS

BY BARBARA DELINSKY

"Caroline MacAfee and her daughter, Jamie, front the popular home-renovation show Gut It!, but when the network tells Caroline that Jamie will become sole host, there's a rift between mother and daughter. After a tragic accident, both women find they need each other, so they work to rebuild their relationship. In the end, the book illustrates that adversities don't define us; what's important is how we deal with them."

—Evelyn Cruze, 68, Putnam County, Fla.



THE MARRIAGE OF OPPOSITES

BY ALICE HOFFMAN

Rachel Pissarro, mother of Impressionist painter Camille Pissarro, was a Jewish woman whose ancestors fled Europe for the island of St. Thomas. Set in the early 1800s, this historical novel follows dramatic events in her long life, including an arranged first marriage, a scandalous affair to a man she would eventually wed, eight children and three stepchildren. Hoffman's telling of Rachel's story is a meditation on the ties of family, place and society, and on the will to break free of those bonds.





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@ANASBARROS, ISTANBUL | Amazon asked me to take the Kindle Paperwhite on my next trip. I found my way up to the rooftops to read *Kafka on the Shore*—it's a book I keep coming back to. Because, like this beautiful city, it means something new each time I visit.

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REPAIRS **2 YEARS** OF
DAMAGE IN **2 MINUTES***

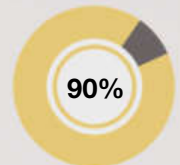
WEARING
TIGHT
BRAIDS, PONYTAILS
OR BUNS CAN CAUSE
BALDNESS



50%

OF WOMEN OVER THE AGE
OF 25 IN THE US
DYE THEIR HAIR

2
YEARS
OF YOUR LIFE WILL
BE SPENT
WASHING & STYLING
YOUR HAIR



OF THE HAIRS IN
YOUR SCALP
ARE GROWING



AVERAGE WOMEN LOSE FROM
50 TO 100 HAIRS
EACH DAY

SPLIT ENDS WILL **TRAVEL**



HAIR GROWS
SLIGHTLY
FASTER
IN WARM WEATHER

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Sources: Salondartistry.com, more.com, dailymail.co.uk, webmd.com, dailymakeover.com, lifeandbeautyweekly.com



Wake Up, SLEEPYHEAD!

Don't let a lack of shut-eye show on your face. Look beautifully rested with these instant-fix makeup tricks

GIVE YOUR EYES A LIFT

Upturned lashes help open drowsy eyes. Clamp and squeeze a lash curler three times—at the lash line, in the middle of lashes and again at the ends—and seal the curl with a few coats of mascara.

EDITORS' PICKS Tweezerman Classic lash curler, \$14; tweezerman.com. Rimmel Wonder'Lash Lift Me Up mascara, \$9; at mass retailers.

LIGHTEN UP YOUR LINER

Dark eyeliner under eyes can emphasize shadows. Instead, trace the inner rim of your bottom lash line with beige liner to counteract redness and brighten the whites of your eyes.

EDITORS' PICK Pixi by Petra Eye Bright liner, \$12; at Target.

SOOTHE SWOLLEN EYES

YOU DON'T NEED EXPENSIVE CREAMS OR GADGETS TO DE-PUFF YOUR PEEPERS. THIS OLD-SCHOOL TRICK IS EFFECTIVE AND DOESN'T COST A THING: PLACE THE BOTTOMS OF TWO CHILLED METAL SPOONS OVER CLOSED EYES FOR 60 SECONDS. THE COLD METAL CONSTRICTS BLOOD VESSELS AND EASES SWELLING.

REFRESH YOUR COMPLEXION

Buff peach blush over the apples of cheeks to impart a healthy flush and add warmth to sallow skin.

EDITORS' PICK E.l.f. Beautifully Bare blush in Peach Perfection, \$4; elfcosmetics.com.

DITCH DARK CIRCLES

The best concealer for undereye baggage? One with a pink tint, which helps neutralize dark blue circles. (In a pinch, pink lipstick can do the trick.) Blend out from the tear duct—where shadows tend to be darkest—then layer on foundation.

EDITORS' PICK Hard Candy Sheer Envy Brightening concealer, \$6; at Walmart.

7

HOURS
GETTING AT LEAST
THIS MUCH SLEEP
AT NIGHT MIGHT
SLOW SKIN AGING
BY UP TO
30 PERCENT.

Source: Clinical and Experimental Dermatology

SCAN THE PEACH BLUSH TO BUY THE PRODUCTS ON THIS PAGE.
See page 2.

YOU GLOW, GIRL! "I gently massage my face with an exfoliating wash, like St. Ives green tea scrub, then rinse with warm water. It brightens my complexion, helping me look significantly less tired, and it allows my makeup to go on smoother."
Lindsey McClennahan, 25, Guthrie, Okla.

The **CLOTHES LOVER'S** *Guide to* **SHOPPING SMART**

A KILLER WARDROBE DOESN'T
NEED TO COST A LOT OF MONEY.
USE THESE TIPS AND HIT
THE STORES LIKE AN EXPERT

START BY DOING YOUR HOMEWORK



SPEND SOME QUALITY TIME IN YOUR CLOSET

Become familiar with what you have, how you wear it and what styles look great on you, then let that knowledge inform the purchases you make.



ASSESS YOUR NEEDS

Come up with a list of what you need in order to get the most wear out of what you already have. Also look for gaps in your wardrobe—for instance, are you lacking a go-to dress for special occasions? And if an old favorite is starting to show its wear, start looking for a replacement soon.



THINK LIKE A FASHION STYLIST

Create a Pinterest board and upload photos of items that you own and like but that you want to pair with something new, such as a full skirt that needs just the right fitted top.

Also collect images of purchases you're considering and outfits that inspire you. When you're in the stores, refer to the Pinterest board on your smartphone to help keep you focused. Or, try a wardrobe-organizing app such as Stylebook (\$4; iOS), which allows you to catalog what you own, arrange pieces into outfits and incorporate items that you're considering into your current wardrobe (so you can see how they work with what you already have).



GETTY IMAGES (RED TAG, WOMAN, HANGER)



THEN THINK LIKE A (thrifty!) FASHIONISTA

KNOW WHEN TO SPLURGE

Basically, it all comes down to cost per wearing. For instance, a winter coat that sets you back \$100 and lasts only one season is not as good a buy as one that costs twice as much but lasts three seasons.

Lambswool Duffel coat, regular sizes 4–20, petite sizes 1X–3X, \$229; lbean.com.

smart SPURGE

WEAR THE RIGHT SHOPPING 'UNIFORM'

Trying on clothes can be exhausting, but it's necessary. To make things easier, wear comfortable clothes that are easy to slip off and on, such as leggings and a T-shirt.

smart SCRIMP

KNOW WHEN TO SCRIMP

A smattering of trendy items helps keep your wardrobe up to date, but by definition, they're in style today and out tomorrow, so don't spend a lot on them. Shop Forever 21, H&M and the designer lines at Target for of-the-moment pieces. **Longline vest,** sizes S–L, \$30; forever21.com.



DON'T BUY FIXER-UPPERS

Unless you're a seamstress, put items that need a nip or a tuck on the discard pile. Except for hemming, alterations by a tailor tend to be expensive.

smart SPURGE

Jordie leather boots, sizes 4–10, 11, 12 and 4W–10W, \$199; naturalizer.com.

YES, YOU
REALLY DO
NEED A LITTLE
BLACK DRESS!

**CHOOSE MULTIPURPOSE
PROBLEM-SOLVERS**
There are certain items, like an LBD, that you might not wear every day but, over the years, you turn to often enough to get a good return on your investment.

Lace Fit-and-Flare dress, sizes 4–16, plus sizes 14–24, \$50–\$56; dressbar.com.

SCAN
THIS DRESS
TO BUY THE
PRODUCTS
ON THIS
PAGE.
See page 2.



HIT THE MALL BEFORE NOON. THE INVENTORY IS STILL ORGANIZED, AND THE SALES STAFF IS FRESH—AND POTENTIALLY MORE HELPFUL.

SHOPPING-OBSESSED BLOGGERS SHARE THEIR SECRETS



FASHION CHATTER

RACHEL RICHARDSON

lovelyinla.com

WHAT'S YOUR BEST SHOPPING ADVICE?

I always check off-price stores and flash-sale sites, in addition to sample sales. I also use online tools to set up notifications to let me know when items are marked down.

WHAT'S YOUR FAVORITE STORE FOR BARGAINS?

Nordstrom Rack has been really good to me lately. I've found some great accessories, designer handbags, shoes and dresses. Midweek seems to be best for places like the Rack

—they usually get new merchandise and it's not picked over.

WHAT TIPS DO YOU HAVE FOR PUTTING TOGETHER A FALL/WINTER WARDROBE?

My key fall/winter pieces include a couple of great jackets, boots, jeans and great accessories. The key is to have items that all work well together, especially if you are on a tight budget. And I love scarves—they are an inexpensive way to add some color and change up an outfit.



BLOGGER TIP

If you see something you love in a store, chances are you can find it on sale online.

MEGAN ZIETZ tfdiaries.com



This is my favorite fall bargain outfit. I already had the top and the bag in my closet, and I scored the rest on massive clearance: The shoes, jeans and cardigan were each more than 75 percent off! It makes me feel stylish and comfortable, and I didn't break the bank buying it!



HATE TO SHOP? TRY A SUBSCRIPTION

For a monthly fee, you receive a selection of clothes. Wear them, then choose the pieces you want to purchase. When you return the remainder, a new assortment is shipped.

Gwynniebee.com

Specializing in sizes 10 through 32, this site offers monthly plans that start at \$35 for one item.

30-DAY FREE TRIAL
at gbsubscribe.com/allyou
EXPIRES: 10/31/15

Letote.com

Each shipment contains three pieces of clothing and two accessories. A monthly plan costs \$49.

25% OFF
first month's membership*
at letote.com
CODE: ALLYOU15
EXPIRES: 12/31/15
*New members only

TheMsCollection.com

Choose the type of clothing you'll receive (casual, say, or office wear). Monthly plans range from \$39 to \$109.



FASHION CHATTER

SHAINNA TUCKER

athickgirlscloset.com

WHAT'S YOUR BEST SHOPPING ADVICE?

I buy summer clothes in the fall and winter, and winter clothes in the spring and summer. Clearance racks at Lord and Taylor, Macy's and similar stores are a gold mine when they're changing seasons.

DO YOU PLAN BEFORE YOU SHOP?

Yes, sort of. My main recommendation is to try not to shop aimlessly. I know it's hard, because you see something supercute and then you forget what you went to the mall for! But if you know what you're looking for, just head straight to the stores that are more likely to have it. It will save you money, which we all love.

WHAT ITEMS DO YOU SPLURGE ON?

Undergarments. I invest in good bras, good underwear, and shapewear. Not only do they make your clothes look better, but splurging on these items will ensure that you don't have to constantly rebuy after only a few wears. I personally like to scrimp on jewelry—I don't feel so bad if I lose a pair of cheap earrings.



I found this skirt at Unique Thrift, my favorite thrift store. The purse is from American Apparel, and the sandals are from Target. The outfit came together when I was playing dress-up one day. With casual, versatile pieces, you can't go wrong.



BLOGGER TIPS

3

TIPS FOR THRIFTING

JEN MENEELY
AND PIPPA WILLIAMS
toocheapblondes.com

SHOP OFTEN

Most thrift stores restock every day, so the inventory is constantly changing.

LOOK AT EVERY SINGLE HANGER

Ensure you don't miss hidden gems. If you're short on time, head straight for the racks of dresses, coats and jackets, where you're likely to get the biggest bang for your buck.

TRY EVERYTHING ON

Higher-end items often have been altered, so you might be surprised by the fit.



USE THE RIGHT TOOLS

THESE WEBSITES AND APPS HELP YOU SAVE MONEY, ONLINE AND OFF



EBATES.COM

Sign up and receive money back on qualifying purchases—ranging from 3 percent to 25 percent (and that can add up!). Plus, you're notified of sales.



RETAILMENOT.COM

Looking for a coupon code? Bookmark this site to find current online discounts and promotions, as well as printable coupons.



SHOPADVISOR.COM

This site and app (it powers our scan-shop function, too; see p. 2) feature thousands of items, offer price comparisons and notify you when items you like go on sale.

HOTTEST TRENDS

FOR FALL AND WHERE TO FIND THEM

PLAIDS



SHOP TARGET

Favorite shirt in plaid, Ava and Viv, sizes X-4X, \$25; target.com.

FLORALS



SHOP KOHL'S

Bow-sleeve top, LC Lauren Conrad, sizes XS-XL, \$44; kohls.com.



SCAN THE FLORAL TOP TO BUY THE PRODUCTS ON THIS PAGE
See page 2.

SOUTHWESTERN



20% OFF
sitewide at
monroeandmain.com
CODE:
ALLYOUMAGF15
EXPIRES:
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SHOP MONROE AND MAIN

Blanket sweater, sizes S-XL, plus sizes 1X-3X, \$90-\$100; monroeandmain.com.

FAUX SHEARLING



SHOP JCPENNEY

Sherpa jacket, Olsenboye, sizes XS-XL, \$100; jcpenny.com.

FINALLY!

WHEN YOU GET YOUR HAUL HOME



TRY IT ON AGAIN

Now that you've unloaded the car, try on each piece with items you already own so you can see whether it does, in fact, work with your wardrobe.

PUT IT AWAY

Hang your new item, or fold and place it in a drawer—but don't remove the tags! Make a note in your calendar of the latest return date, with a reminder set a week before; if you haven't had the urge to wear the piece by then, consider taking it back.

SAVE YOUR RECEIPTS

You'd need them to make a return, and if the item gets marked down, you might qualify for a price adjustment. Make it easier with an app such as OneReceipt (free, iOS), which organizes e-mail receipts automatically.



LOOKING FOR A BARGAIN? SHOP ON THURSDAY NIGHTS—THAT'S WHEN MANY RETAILERS START THEIR WEEKEND SALES.

Your eye's protective layer is thinner than a human hair, and it's what stands between your eyes and the world.

Dry eye happens when this layer breaks down. Soothe XP can help.

Your eyes have an outer protective lipid layer that keeps in moisture. Only Soothe XP contains Restoryl™ mineral oils that help restore this layer, seal in moisture, and protect against further irritation. Ordinary drops can't do that.

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Sarah
Rafferty

Upgrade your HAIR TOOLS

You don't have to book an appointment at the salon for a style that looks like the work of a pro. Whether you want effortless waves, glamorous curls or super sleek strands, these well-priced new gadgets can give you fuss-free, flawless results at home *By Holly Dawsey*

If you're searching for an easy SIY (style-it-yourself) way to transform your limp locks into bouncy ringlets or miraculously make your tight spirals pin-straight, you're in luck. These days, there are plenty of tools, no matter the styling task. But with so many options—equipped with all sorts of newfangled features including rotating motors, curl chambers and vaporizers—where do you begin to sort through them? Right here. These picks, tested by our beauty editors, not only smooth, curl and make waves, they do it faster, easier and better than the rest.

◀ THE LOOK Soft and bouncy

THE TOOL John Frieda Styling Tools by Conair hot air brush, \$40; at Ulta.

If you have a hard time handling a blow-dryer and a round brush at the same time, here's your two-in-one solution: The ceramic barrel dispenses targeted airflow, while the soft bristles smooth and manipulate hair. Start by rough-drying strands with a blow-dryer, focusing on your roots, to

remove excess moisture and add oomph. Next, divide damp hair into four large sections. Wrap the middle of a 2-inch chunk of hair from one section around the barrel and slowly brush through, flicking your wrist as you go for effortless-looking loose curls. Repeat until hair is completely dry; finish with a spritz of hairspray.

Meet your new blowout bestie: This brush dries and curls hair.

THE LOOK ▶ Voluminous curls

THE TOOL Infiniti Pro by Conair Secret Curl, \$60 for 12; ulta.com.

If your hair doesn't hold defined curls easily when you use a curling iron, try these modern-day, clampless curlers instead. Start by combing dry hair so it's smooth and free of tangles. Then pick up a section of hair no wider than 1 inch. Wind the ends around a roller, and roll upward. Press the roller closed as near to your scalp as possible to maintain lift and volume. Let the rollers cool (about 10 minutes, depending on the length and texture of your hair) before gently unwinding. You'll get tight spirals initially, but they'll relax into springy curls with lots of body. Add extra hold with a few shots of hairspray.

Reese Witherspoon

Not your mother's hot rollers! Pop these on for curls that last.

SCAN THE CURLERS TO BUY THE PRODUCTS IN THIS STORY. See page 2.





This flatiron seals the cuticle, preventing dreaded pouf.

Sandra Bullock

▲ THE LOOK Super straight

THE TOOL Remington T-Studio Protect iron, \$80; at Target.

This iron gives the silky finish of a professional straightening treatment minus the hefty price tag. It works by misting a conditioning micro-vapor onto strands prior to heating hair to reduce frizz, seal split ends and enhance shine. (Don't worry: No greasy residue is left behind.) Run a comb through hair to untangle any knots, then clamp small sections—no wider than the plates—near the roots and glide through in one continuous movement. Hold the iron so the steam flows down toward the ends, and slide slightly outward, instead of straight down, to keep strands from falling flat.



Chrissy Teigen

Secure hair on the barrel and press the curl dial for no-fuss waves. Easy!

▲ THE LOOK Tousled waves

THE TOOL Kiss InstaWave, \$60; at Target.

No need to wrestle with curling wands and risk accidental burns to achieve pretty bends in your hair. This foolproof automatic curler is ideal for beginners. Holding the iron vertically, place a small section of hair on the barrel and press the curl dial. The iron automatically wraps strands around its heated barrel like a ribbon. After 5 to 10 seconds, release and then gently tug at the ends of hair to stretch spirals into cascading waves. Alternate the direction of each curl—toward the face and away—for more natural-looking results. All done? Shake out hair to gently separate strands.

Damage DEFENSE

If you're a regular hot-tool user and your hair is starting to show it, you need to know about these.



DEEP CONDITIONER

One with nourishing oils will restore moisture, smooth the cuticle and protect hair from damage. Use once or twice a week in place of your regular conditioner.

EDITORS' PICK
Hair Food Moisture hair mask, \$12; at Target.



THERMAL PROTECTOR

To keep strands from sizzling and snapping, create a barrier between your hair and the heat. Work a protecting product through damp strands before styling.

EDITORS' PICK
Schwarzkopf Styliste Ultime Crystal Shine and Hold Heat Protection spray, \$7; at Walmart.



LIGHTWEIGHT OIL

Rake a couple of drops from midshaft down to fend off fried ends and add sexy sheen to dry hair.

EDITORS' PICK
OGX Healing and Vitamin E Penetrating oil, \$8; ulta.com.

HEAVENLY *Touch*[™]

DENIM



You'll feel the difference, they'll see it.



RIDERS[®]
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Walmart  | [Walmart.com](https://www.Walmart.com)

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ENERGIZE**
your healthy and active life

With 6 high potency
B vitamins for:

- ✓ Fat & Carb Metabolism*
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**#1 Adult GUMMY vitamin brand fuses health,
enjoyment & delicious natural fruit flavors.†**

*Data on file

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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*yourhealth

BREAKING NEWS, FITNESS KNOW-HOW AND SMART STRATEGIES TO BOOST WELLNESS

YOU ASKED: WHEN SHOULD I START GETTING MAMMOGRAMS?

THE ANSWER: Although there has been debate, many doctors agree that women with an average breast cancer risk should have an annual mammogram and breast exam, starting at age 40. If you're at a high risk (as determined by your doctor), you should get an MRI and a mammogram annually, alternating the two every six months. Women with a family history of breast cancer should begin 10 years prior to the age their youngest first-degree relative was diagnosed.



YOU ASKED: WHAT CAUSES BREAST LUMPS OR CHANGES?

—Melanie Carroll, 30, Saugerties, N.Y.

THE ANSWER: There are a lot of reasons why lumps develop. At this moment researchers can point to many risks that are out of our control, including aging and genetics, as well as factors that we can control, like drinking alcohol and not keeping physically active. Still, it is not completely understood how some of those risk factors cause cells to become cancerous.

YOU ASKED: DO I NEED A GENETIC TEST?

THE ANSWER: Probably not. A blood test lets you know if you have a mutation (of the BRCA1 or BRCA2 genes) that increases your risk of hereditary breast cancer. The vast majority of breast cancers are not caused by such mutations, but if you have a strong family history, your doctor might advise the test.

YOU ASKED: WHAT'S ALL THIS TALK ABOUT DENSE BREASTS?

THE ANSWER: About half of U.S. states now have laws saying that doctors must tell their patients if a mammogram shows they have dense breasts. Not only is dense breast tissue associated with a higher risk of breast cancer, but the density makes it harder for doctors to spot tumors. If you have dense breasts, your doctor might suggest other screenings in addition to your regular mammogram. Doctors also say newer 3-D mammogram technology can better help them see a tumor in dense breasts, but it isn't yet available everywhere and your insurance might not cover it.

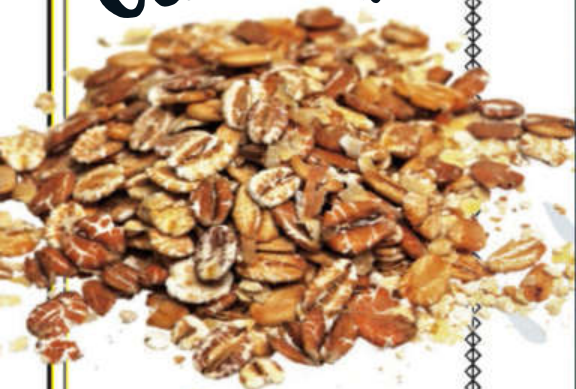
Sources: Therese Bevers, MD, medical director of the Cancer Prevention Center at MD Anderson Cancer Center in Houston; and Rosemary Laeming, MD, director of the Comprehensive Breast Program at Geisinger Health System in Danville, Pa.

Your BREAST CANCER Questions— Answered

Stay up to date
with the latest news

BREATHE A LITTLE EASIER
WORRIED ABOUT YOUR FAMILY HISTORY?
HERE'S SOME GOOD NEWS: WOMEN
DIAGNOSED WITH BREAST CANCER
WHO HAVE A FAMILY HISTORY OF THE
DISEASE HAVE NO WORSE A PROGNOSIS
ONCE TREATMENT IS COMPLETE THAN ANY
OTHER WOMAN WITH BREAST CANCER,
ACCORDING TO A NEW STUDY. *Source: BJS*

Oatmeal



A whole-grain powerhouse, **oats are chock-full of energy-generating nutrients including magnesium, protein and vitamin B-1 (thiamin).** A bowl of oatmeal is also high-volume (thanks to all its fiber, plus the liquid the grains are cooked in), so it takes a while to leave the stomach. That results in a slow, sustained rise in blood sugar—which not only boosts your energy but keeps it on an even keel for longer. (By contrast, a quick spike in blood sugar can cause you to crash and burn in the energy department.) For the biggest benefit, opt for old-fashioned or steel-cut oats, not quick-cooking oats or instant oatmeal.

THE TOP 10 & most Energizing FOODS

NEED A BOOST?
PUT THESE
ON YOUR PLATE
TO FEEL MORE
POWERED-UP ALL
DAY, EVERY DAY

By Stacey Colino

Not only do almonds combine fiber, protein, vitamin E and heart-healthy fats, they also contain a wealth of nutrients that **provide long-lasting power and help your body unlock energy from other foods you're eating.** Trained cyclists in a 2014 study who ate almonds before an exercise session cycled farther and more efficiently than those who ate a cookie with the same number of calories. For a great snack, pair a handful of almonds or a tablespoon or two of almond butter with an apple or pear.

Almonds

Sure, pretty much anything you eat will give you *some* energy, as long as it has calories. But just as with your car, you could be filling your tank with high-octane gas or low-grade junk fuel. Get the best performance out of your body by adding these energy-enhancing superfoods to your diet.



* HONORABLE MENTION *

GIVE BEETS A CHANCE

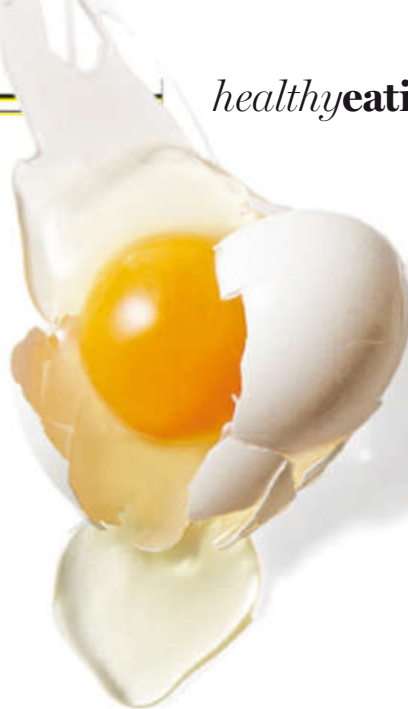
It doesn't make a lot of rankings of beloved vegetables, but the humble beet can give you a leg up in the energy department. Beets are a natural source of nitrates. Your body converts those into nitric oxide, which can fight fatigue by helping to open blood vessels, lower blood pressure and bring more oxygen to muscles. That, in turn, can help boost stamina, allowing you to do more work with less effort. Not a fan of cooked beets or beet juice? Try beet chips! Slice the raw root thinly (or shave on a mandoline), sprinkle with olive oil and sea salt, then bake in a 350°F oven until the chips are crisp, 12 to 15 minutes.

Eggs

As it turns out, the incredible, edible egg is an impressive source of **quality protein**, as well as **vitamins A and D**, which are **important for energy metabolism**.

In addition, eggs are rich in choline, an essential nutrient that's a precursor for acetylcholine, a neurotransmitter that fuels memory, muscle control and other brain functions. And you get all that for only about

75 calories per egg! Just know that you need to consume the yolk to reap the full energy-enhancing perks. People who don't have high cholesterol or other heart concerns may consume an egg per day without a problem, according to the USDA Dietary Guidelines for Americans.



Greek yogurt

With 7 grams of protein in a 6-ounce container, Greek yogurt offers one of the most impressive blends of those nutrients in a portable portion.

The carbs provide a short-term boost to get you going, while the high protein content—nearly double that of regular yogurt—offers long-lasting energy (protein takes longer to digest than carbs do). Plus, Greek yogurt is a good source of calcium, potassium and vitamin B-12, all of which indirectly enhance energy by helping to regulate fluid balance (becoming dehydrated can drain your energy) and organ function in your body.



Spinach

It's an excellent source of folate, which helps your body turn food into usable energy. Plus, spinach and other leafy greens (think: kale, Swiss chard, collards and the like) have a **high water content—which helps you stay hydrated, satiated and energized**. (Remember, dehydration = exhaustion.) In fact, research from Sweden found that adding spinach to a meal enhanced feelings of fullness and slowed the after-eating rise in blood sugar, making for a steadier increase in energy. Spinach is also a source of iron, critical for transporting energizing oxygen to your cells. Pair it with vitamin C-rich foods, such as citrus and strawberries, to help your body absorb the iron.



Watch Out FOR THESE ENERGY-DRAINING FOODS

Quinoa

The ancient seed from South America is an excellent gluten-free source of complex carbs, fiber, magnesium and phosphorus, as well as a good source of zinc and folate. It's also a **complete source of protein (rare in plant foods), meaning that it contains all the essential amino acids that your body can't make itself.** And it has twice as much protein as brown rice, so it provides long-lasting energy as well as fills you up. Consuming protein and complex carbohydrates can help boost your metabolism—which can rev up your energy, too.

502. That's how much water a medium apple contains. The better hydrated you are, the more energized you feel.

Apples

Eating apples gives you a big nutritional bang for every bite, because they're loaded with soluble and insoluble fiber, potassium, and a variety of health-boosting phytochemicals. They're also **rich in carbohydrates to fuel you, and their high fiber content keeps you full and slows the digestion of those carbs,** giving you a steady supply of energy.



Energy drinks

The combination of caffeine and sugar in such beverages provides a temporary burst of energy. But the rush is short-lived and your energy soon crashes, leaving you feeling exhausted. If you really need a caffeine fix, a cup of coffee (with milk, if you'd like) is a healthier choice.



Candy

As any parent of a 4-year-old knows, jelly beans, gummy bears, candy corn and other supersweet treats can give you a major sugar buzz—followed by an inevitable crash.



Plain bagels

Because they're made with refined white flour, they can cause a rapid spike in blood sugar, followed by a fall that leaves you feeling drained. Plus, a big, puffy bagel is equal to four to five slices of bread in terms of calories; add cream cheese and it becomes a calorie bomb.



French fries

Potatoes are healthy if prepared correctly (as in, baked), but the extra fat from deep-frying impairs digestion and makes the transfer of energy between your cells less efficient. Food coma!



White chocolate

Unlike darker forms of chocolate, white chocolate contains no heart-healthy, anti-inflammatory compounds. It's basically nothing but sugar, cocoa butter and milk solids, a combination that can KO your energy. Stick with the dark stuff.

MY Lunch
MY WAY
My Hot Buffalo Tuna



KICK UP YOUR MEAL.

Try our new Tuna Creations® Hot Buffalo Style seasoned tuna right out of the pouch. Made with a premium blend of spices, including aged cayenne pepper, it's a bold statement of full-out flavor. Just tear open and enjoy.



NEW
TRY ALL OF OUR
NEW CREATIONS
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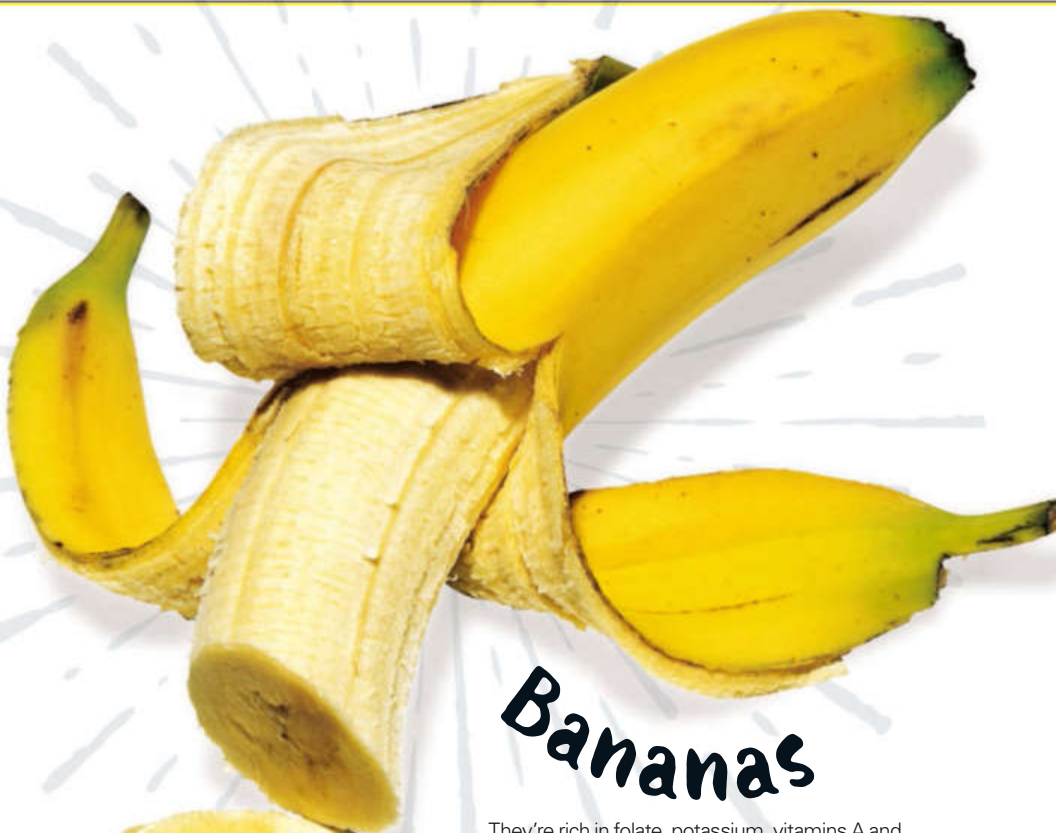
Starkist®

WELCOME to the
NEW SCHOOL of TUNA™



Chickpeas

These legumes are a great source of plant protein and complex carbohydrates, a one-two boost in the energy department. **Their soluble fiber helps stabilize blood sugar, thereby extending the longevity of the energy you get.** After adults in an Australian study got in the habit of eating about 3½ ounces of chickpeas per day, they saw a reduction in their fasting insulin levels (beneficial for steady blood sugar), as well as improved cholesterol after 12 weeks. Chickpeas also contain copper, magnesium, potassium and zinc—minerals that help you get more energy from the foods you're eating. The legumes are good sources of iron, too.



Bananas

They're rich in folate, potassium, vitamins A and C and resistant starch, a type of fiber your body can't absorb so it slows digestion and causes a more gradual rise in blood sugar—which might improve insulin sensitivity. (Tip: The greener the banana, the more resistant starch it contains.) Plus, **bananas provide a quick, convenient source of energy-boosting carbohydrates.** During a 2012 study involving trained cyclists, researchers at Appalachian State University in North Carolina found that the athletes who ate bananas during a 75-kilometer time trial improved their performance and bettered their bodies' ability to use fuel.



Tuna

Besides being a stellar source of lean protein, tuna and other fatty fish, such as salmon and sardines, are **rich in omega-3 fatty acids, which decrease inflammation in the body.** The anti-inflammatory properties help boost your circulation and the efficiency of your heart and other organs, helping you feel less fatigued. Plus, from a convenience and budget standpoint, canned tuna, salmon and sardines offer the same energy-enhancing benefits as their fresh counterparts. And canned chunk-light tuna is lower in mercury than most fresh varieties, too.

Sources: Wendy Bazilian, RD, co-owner of Bazilian's Health Clinic in San Diego and author of The SuperFoodsRx Diet; Dawn Jackson Blatner, RDN, nutrition consultant for the Chicago Cubs and author of The Flexitarian Diet; Leslie Bonci, RD, owner of the Active Eating Advice-Nutrition Consulting Co. in Pittsburgh and co-author of Bike Your Butt Off; Tara Gidus, RD, nutrition consultant in Orlando, Fla., and co-author of The Flat Belly Cookbook for Dummies; Lona Sandon, RDN, assistant professor of clinical nutrition at the UT Southwestern Medical Center in Dallas

To do

- ~~grocery store~~
- take the dog to vet friday
- * Kids need new uniforms - order!
- ✓ send email to Jess + team
- ☐ Call Heather
- Make-up soccer game - 3:30 Sat.
- * Flower show Saturday Night
- ↳ Babysitter? Jen?

⇒ call gutter cleaner! Rick G.

After school night - Tuesday 20th @ 6:30 PM

* Order Shower invites & ~~(call Sharon for guest list)~~

To Dry Cleaners:

- suits
- dress
- coats

→ Lunch duty Schedules
→ email out by Wednesday



*The perfectly simple snack
for your perfectly complex life.*



PROTEIN RICH



200 CALORIES OR LESS



GLUTEN FREE

Find your favorite flavor at PerfectlySimpleBars.com.

..... SNACK GOOD. FEEL GOODER.

LAUGH ATTACK? DON'T HOLD BACK.

(we make bladder leaks feel like no big deal)

Our pads
are drier
than Poise
pads!



Our pads are up to 40% thinner* for incredible comfort and absorb 2x more than you may need.**

Get laugh-all-you-want protection, with Always Discreet. Because hey, pee happens. For **coupons and your free sample,[†]** go to **alwaydiscreet.com**.



So bladder leaks can feel like no big deal. *always*
discreet

*vs. Poise. **based on average U.S. consumer usage. †while supplies last.

Fight Diabetes and WIN!



←
*Erase
that frown!
You can live
well with
diabetes.*

Whether you're at risk or have just been diagnosed, we've got answers to your questions—plus need-to-know information to keep you healthy

Check out these eye-opening

numbers: One in 12 Americans have type 2 diabetes, and one in four have prediabetes—a condition in which blood glucose levels are higher than normal. During the past 30 years, the percentage of American women diagnosed with type 2 diabetes has **doubled**. What's more, if the current trend continues, **as many as one in three American adults will have the disease by 2050**. Now take a deep breath and let this sink in: Although diabetes is a serious condition, **it's one you can control**. This comprehensive guide—filled with diet tips, lifestyle advice, the latest treatment options and more—is a great place to start.

What is diabetes?

THE SIMPLE ANSWER

People with diabetes have too much sugar in their bloodstream. When you eat, your body breaks down carbohydrates into glucose. The hormone insulin helps your body absorb glucose and use it for energy. But in people with diabetes, the body either doesn't make enough insulin or doesn't use it properly. As a result, glucose builds up in the blood; left untreated, that can lead to serious health problems. There are several types of diabetes:

TYPE 1, previously called *juvenile diabetes*, is usually diagnosed during childhood. The immune system attacks cells in

the pancreas, destroying its ability to make insulin.

TYPE 2, the most common form, affects more than 90 percent of people with the disease. Your body doesn't use insulin properly—a condition known as *insulin resistance*. At first, your pancreas makes extra insulin to compensate, but over time it can't make enough to keep blood glucose at normal levels. Eventually, the insulin-producing cells in the pancreas might burn out because of this overproduction. However, in earlier phases the illness can be managed with diet, exercise and monitoring of blood sugar. ►

◀With **PREDIABETES**, your glucose is higher than normal but not high enough to be classified as type 2 diabetes. You might be able to prevent or delay prediabetes from becoming diabetes by making lifestyle changes such as a healthier diet and regular exercise.

GESTATIONAL DIABETES

is high blood sugar that occurs during pregnancy. Nearly 10 percent of pregnant women have the condition, which can lead to high birth weight or preterm birth. It also raises the child's risk of developing obesity or type 2 diabetes later in life. For the mother, it can mean an increased risk of high blood pressure and pre-eclampsia. If you've had gestational diabetes, you're also more likely to get type 2 diabetes as you get older, though you can reduce the risk by maintaining a healthy weight and making wise lifestyle changes.

Am I at risk?

Researchers aren't sure why some people develop prediabetes and type 2 diabetes while others don't. Here's what is clear: Certain factors increase the risk. Answering Yes to any of these questions could mean you're more susceptible to developing the condition.

- ☐ Are you overweight?
- ☐ Are you a couch potato?
- ☐ Do you have a first-degree relative (parent or sibling) with type 2 diabetes?
- ☐ Are you African-American, Asian-American, Hispanic or Native American?
- ☐ Are you older than 45?
- ☐ Do you (or did you) have gestational diabetes while pregnant?
- ☐ Have you given birth to a baby weighing more than 9 pounds?
- ☐ Do you have polycystic ovary syndrome?
- ☐ Do you have high blood pressure?
- ☐ Do you have low levels of HDL (known as "good") cholesterol or high levels of triglycerides?

HOW DO I KNOW IF I HAVE DIABETES?

It's smart to watch for these five warning signs.

- ❶ **Weight loss** (despite eating more than usual to satisfy hunger)
- ❷ **Increased thirst and urination**
- ❸ **Fatigue**
- ❹ **Blurry vision**
- ❺ **Slow-healing sores or frequent infections**

FYI: You might not have any symptoms at all; **more than a quarter of the 29.1 million Americans with diabetes don't know they have it.** The American Diabetes Association (ADA) recommends that all adults be tested at age 45 and then every three years after that if the first test is normal. If you're overweight or have other risk factors (such as a family history, high blood pressure or past gestational diabetes), your doctor may want to screen you earlier. Your health insurance might cover the screening; if you have high blood pressure, your insurer must cover in-network screening for type 2 diabetes at no cost to you. The standard test is the A1C, a blood test that provides information on your average blood glucose level during the previous two to three months.

DID YOU KNOW YOU DON'T NEED TO GO LOW-CARB?

Our bodies need carbohydrates for energy, so severely restricting or eliminating them isn't a good idea. Doing so can lead to cravings that might cause you to overeat. To stay healthy, concentrate on nutrient-rich complex carbs such as whole-grain bread and pasta. They have more fiber, which can help prevent after-meal spikes in blood glucose levels.

THREE GREAT APPS

Stay on track by downloading these tools to your smartphone.

Glucose Buddy (free, iOS, Android) helps you keep a log of blood glucose levels, insulin doses, carbohydrate intake, activities and more. It also can give you constant reminders to take your medication.

Diabetic Connect (free, iOS) lets you keep in touch with the largest community of diabetes patients on the Web. It's a great way to share tips and get support.

Glucool Diabetes (\$5, Android) lets you to customize your diabetes management. Type in data, such as blood glucose, insulin doses, exercise and carb intake, and the app creates personalized charts and graphs to help you spot trends.

(Almost) touch-less alternatives

If you think keeping diabetes under control means jabbing yourself with a painful needle every day, know this: Managing the disease is easier than ever, thanks to the latest treatments. In addition to oral medications and lifestyle changes, your options might include:

INSULIN PENS This convenient, easy-to-use way of injecting insulin uses a superfine needle and is less painful than standard needles or syringes. Most insurers cover them.

INSULIN PUMPS Attached to the body, these small devices are programmed to release insulin. Many insurance companies cover them, but because they can cost thousands of dollars, your provider might require that you meet certain qualifications.

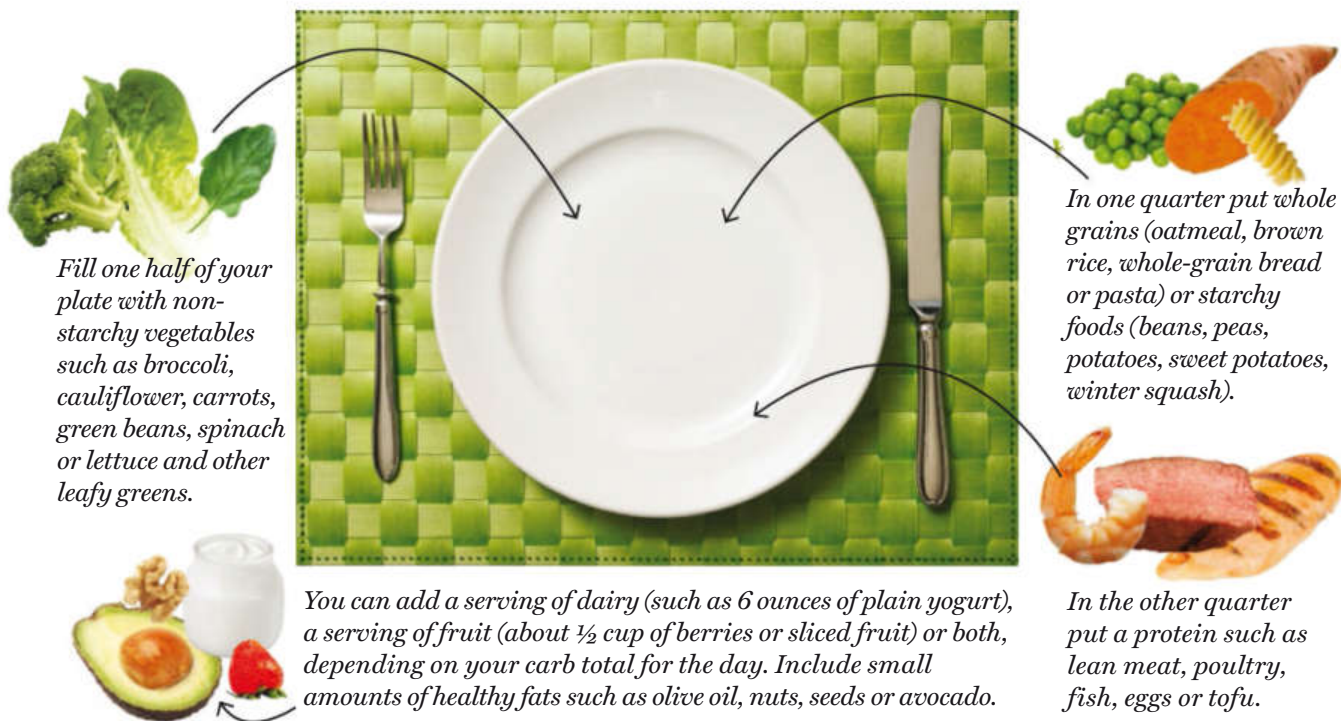
INHALABLE INSULIN Housed in a tiny device, similar to the ones used by people with asthma, this fast-acting insulin (Afrezza) is designed to be used at mealtimes.

CONTINUOUS GLUCOSE MONITORING A small sensor, inserted under the skin, measures glucose levels 24/7 and sends the measurements to a little monitor, which you may be able to fit in your pocket or attach to your waistband.

So, what **can** I eat?

Many people think that having diabetes means living with a long list of forbidden foods. It is true that people with the condition should follow a healthful diet that's low in sodium and saturated fats, high in fiber and full of fruits, vegetables, lean protein and whole grains—but that's true for practically

everyone. The difference for people with diabetes is that they have to ensure they balance what they eat (especially carbohydrates), their activity level and their medication to keep their blood sugar at a safe level. Here's how to build a healthy plate, based on ADA guidelines.



TEST YOUR DIABETES

IQ

TRUE OR FALSE? Eating breakfast regularly can make a big difference when it comes to preventing diabetes.
ANSWER: True. A Harvard study found that women who skipped the a.m. meal had a 20 percent greater chance of developing the disease compared with those who

always ate breakfast. Two smart choices to start your day: unsweetened whole-grain cereal with ½ cup low-fat milk and berries, or whole-wheat toast with nut butter and apple slices.

TRUE OR FALSE? You can't have diabetes if you're thin.
ANSWER: False. About 10 percent of people with type 2 diabetes are at normal weight: a body mass index (BMI) of 25 or less.

TRUE OR FALSE? Water is one of the best beverages for someone with the disease.
ANSWER: True. The ADA recommends that you choose drinks that provide the least carbohydrates (water and unsweetened coffee or tea).

Limit or avoid juices, which are high in sugar and carbs.

TRUE OR FALSE? Fruit is bad for your blood sugar.
ANSWER: False. Whole fruit does contain sugars, but unlike juice, it also has fiber, which prolongs digestion, slowing the release of glucose into the bloodstream. A 2013 study published in *Nutrition Journal* found that patients who restricted their fruit intake didn't have better blood-sugar levels, or lose any more weight, than those who were encouraged to eat more fruit.

TRUE OR FALSE? You should always choose a low-fat diet to prevent diabetes.
ANSWER: False. Following a

Mediterranean-style diet rich in olive oil (along with nuts, fish, beans, fruits and vegetables) can reduce the risk for type 2 diabetes by 40 percent, even when people don't lose weight or increase exercise levels, a 2014 study published in *Annals of Internal Medicine* found. Researchers say the diet—full of healthful mono-unsaturated fats, fiber and antioxidants—reduces inflammation in your body that puts you at risk for type 2 diabetes.



ARE YOUR VITAMINS PART OF THE 1%?



Of all supplements, only 1% have earned the USP seal. Nature Made has the most of any brand.



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OMEGA-3/FISH OIL BRAND*



Find those Nature Made USP verified products on NatureMade.com/USP.

* Based on US News & World Report - Pharmacy Times Survey

SAVOR THE SEASON

Autumn is a ripe time for delicious produce. Showcase the best of the season with these recipes for breakfast, dinner and dessert

CRANBERRIES

MUSHROOMS

ROOT VEGETABLES

SQUASH

APPLES

APPLES

APPLE BUNDT CAKE WITH BROWN-SUGAR GLAZE

COST PER SERVING 78¢ / **HANDS-ON** 30 min. / **TOTAL** 1 hr. 40 min. / **SERVES** 10

CAKE:

- 3 cups all-purpose flour
- 2 tsp. baking powder
- 1 tsp. cinnamon
- ½ tsp. salt
- 1 cup (2 sticks) unsalted butter, at room temperature
- 2 cups sugar
- 4 large eggs
- 1 tsp. vanilla extract
- ¾ cup whole milk
- 2 large Golden Delicious apples, peeled, cored, coarsely grated, squeezed dry

GLAZE:

- ¾ cup packed dark brown sugar
- 3 Tbsp. unsalted butter
- 1 tsp. vanilla extract
- ¼ cup heavy cream
- ¼ tsp. salt

- 1** Preheat oven to 350°F. Coat a nonstick 12-cup Bundt pan with cooking spray. (Alternatively, brush with melted butter, add 2 Tbsp. flour, rotate to evenly coat, and tap out excess.)
- 2** Make cake: Sift together flour, baking powder, cinnamon and salt in a medium bowl. In a large bowl, with an electric mixer on medium-high speed, beat butter and sugar until light, about 5 minutes. Reduce speed to medium and beat in eggs, 1 at a time, mixing well after each addition and scraping down sides of bowl as needed. Beat in vanilla. With mixer on low speed, add flour mixture

in 3 batches, alternating with milk. Fold in grated apples. Transfer to prepared pan.

3 Bake until a toothpick inserted into center of cake comes out clean, about 1 hour 10 minutes. Let cool in pan on a wire rack for about 10 minutes, then unmold onto rack set over a clean, rimmed baking sheet.

4 Make glaze: Combine brown sugar, butter, vanilla, cream and salt in a heavy saucepan. Stir over medium heat until smooth. Increase heat to high and bring to a boil. Remove from heat and stir until syrupy.

5 While cake is still slightly warm, poke small holes in top with a toothpick or skewer. Pour about ½ of glaze over cake, letting it soak in for 1 to 2 minutes, then pour remaining glaze over cake. Scoop up any glaze that has dripped off and spoon over cake again. Allow to cool completely before serving.

PER SERVING 521 Cal., 23g Fat (14g Sat.), 119mg Chol., 1g Fiber, 6g Pro., 75g Carb., 254mg Sod.



COOK WITH A CRISP,
FIRM VARIETY
SUCH AS ROME OR
GOLDEN DELICIOUS.

GRILLED APPLE AND CHEDDAR SANDWICHES

COST PER SERVING \$1.72 / **HANDS-ON** 10 min.

TOTAL 22 min. / **YIELDS** 4 sandwiches

- 2 Tbsp. Dijon mustard
- 2 Tbsp. apricot preserves
- 1 Tbsp. olive oil
- 2 tsp. lemon juice
- 8 slices sandwich bread
- 8 thin slices sharp Cheddar
- 1 crisp apple, cored, thinly sliced
- 2 Tbsp. unsalted butter

1 Combine mustard, preserves, oil and lemon juice in a small bowl. Whisk together well.
2 Spread 1 side of 4 bread slices with mustard mixture. Top each with a cheese slice. Top each cheese slice with an equal portion of apple slices, another cheese slice and remaining piece of bread.
3 Melt 1 Tbsp. butter in a large skillet over medium heat. Working with 2 at a time, arrange

sandwiches in skillet. Lay a piece of foil on top of sandwiches, then place another heavy skillet (or a pan weighted with cans) on top to press them. Cook until cheese begins to melt and sandwiches are toasted, 2 to 3 minutes per side. Check often during cooking to avoid burning. Wipe out skillet and repeat with remaining butter and sandwiches. Cut each sandwich in half and serve warm.

PER SERVING (1 SANDWICH)

502 Cal., 32g Fat (17g Sat.),
76mg Chol., 1g Fiber, 16g Pro.,
35g Carb., 805mg Sod.

QUINOA SALAD WITH APPLES, ALMONDS AND DRIED CRANBERRIES

COST PER SERVING \$2.14 / **HANDS-ON** 15 min.

TOTAL 45 min. / **SERVES** 6

- 2 crisp apples, cored, cut into ½-inch dice
- 2 Tbsp. lemon juice
- 1 cup red or white quinoa, rinsed well
- Salt and pepper
- ½ cup sliced almonds
- 1 Tbsp. red wine vinegar
- 1 tsp. Dijon mustard
- 3 Tbsp. olive oil
- ¾ cup dried cranberries
- 2 scallions, white and light green parts, thinly sliced
- Large lettuce leaves, for serving

1 Preheat oven to 350°F. Toss apples with lemon juice.
2 Mix quinoa, ¼ tsp. salt and 2 cups cold water in a pan. Cover; bring to a boil. Reduce heat to medium-low, cover and cook until most of water has been absorbed, about 15 minutes. Remove from heat, cover and let stand for 5 minutes. Fluff with a fork, then turn out onto a baking sheet to cool for at least 10 minutes.
3 Spread almonds on a baking sheet. Toast until golden, 7 to 10 minutes, shaking pan once. Transfer to a plate to cool. In a bowl, whisk vinegar and mustard. Gradually add olive oil, whisking, until emulsified. Season with salt and pepper.
4 Drain apples, if necessary, and add to bowl. Add quinoa, almonds, cranberries and scallions. Gently toss; season with additional salt and pepper, if desired. Serve salad on lettuce leaves.
PER SERVING 286 Cal., 13g Fat (2g Sat.), 0mg Chol., 5g Fiber, 6g Pro., 40g Carb., 426mg Sod.



SCAN
EACH DISH
TO SAVE THE
RECIPE AND
SHOP FOR
INGREDIENTS.
See page 2.



SQUASH AND OTHER
GOURDS ARE
CONSIDERED FRUITS
BECAUSE THEY
HAVE SEEDS



SPAGHETTI WITH SQUASH, WALNUTS AND PARMESAN

COST PER SERVING \$1.15 / **HANDS-ON** 20 min.

TOTAL 1 hr. 15 min. / **SERVES** 6

1 large butternut squash
(2½ to 3 lbs.), peeled,
seeded, cut into 1-inch
pieces

¼ cup olive oil
Salt and pepper

1 cup fresh bread crumbs

1 lb. spaghetti

2 Tbsp. unsalted butter

1 cup chopped walnuts

**2 Tbsp. chopped fresh
parsley leaves**

¼ cup grated Parmesan

1 Preheat oven to 400°F.
In a bowl, toss squash with
2 Tbsp. oil; season with salt
and pepper. Spread in a
single layer on a baking
sheet. Roast, turning
often, until tender
and lightly browned,
50 to 55 minutes. Add
walnuts to sheet

12 minutes before squash is
done, then toast.

2 Warm 2 Tbsp. oil in a
skillet over medium heat.
Sauté bread crumbs until
golden, 7 to 10 minutes.
Transfer to a bowl and
season with salt and pepper.

3 Bring a pot of salted water
to a boil. Cook spaghetti until
al dente, about 10 minutes.
Drain, reserving ½ cup water.
Return pasta to pot over low
heat; toss with butter. Stir
in squash, nuts, parsley and
Parmesan. Toss in ½ of the
bread crumbs. Add some
reserved pasta water if dish
seems dry. Divide among
6 plates and sprinkle with
remaining bread crumbs.

PER SERVING 696 Cal., 29g Fat
(6g Sat.), 13mg Chol., 8g Fiber, 19g Pro.,
95g Carb., 592mg Sod.

KALE SALAD WITH ROASTED SQUASH, DRIED CRANBERRIES AND PISTACHIOS

COST PER SERVING \$1.47

HANDS-ON 15 min.

TOTAL 1 hr. 5 min. / **SERVES** 6

SALAD:

- 1 large butternut squash (2½ to 3 lbs.), peeled, seeded, cut into 1-inch pieces
- 2 Tbsp. olive oil
- Salt and pepper
- 1 bunch Tuscan (lacinato) kale
- ½ cup shelled, toasted, unsalted pistachios, coarsely chopped
- ¾ cup dried cranberries

DRESSING:

- 1 Tbsp. red wine vinegar
- 1 Tbsp. lemon juice
- 1 tsp. Dijon mustard
- 1 small shallot, minced
- 2 Tbsp. olive oil
- 2 Tbsp. vegetable oil
- Salt and pepper

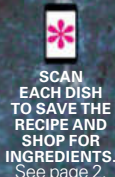
① Preheat oven to 400°F. In a large bowl, toss squash with oil; season with salt and pepper. Spread out in a single layer on a large rimmed baking sheet. Roast, stirring and turning often, until tender and lightly caramelized, 45 to 50 minutes.

② Remove stems and large ribs from kale. Working with a few at a time, stack leaves, roll into a long cylinder and cut crosswise into thin ribbons. Place in a large bowl.

③ Make dressing: Combine vinegar, lemon juice, mustard and shallot in a small bowl. Whisk in both oils until emulsified. Season with ¼ tsp. each salt and pepper.

④ Just before serving, toss kale with dressing. Add squash, pistachios and cranberries. Toss together well and season with additional salt and pepper, if desired.

PER SERVING 350 Cal., 19g Fat (2g Sat.), 0mg Chol., 7g Fiber, 6g Pro., 46g Carb., 455mg Sod.



SQUASH

CHILI-ROASTED ACORN SQUASH

COST PER SERVING 61¢ / **HANDS-ON** 10 min. / **TOTAL** 50 min. / **SERVES** 6

- 2 acorn squash, scrubbed
- 3 Tbsp. olive oil
- 2 tsp. chili powder
- 1 tsp. ground cumin
- ½ tsp. paprika
- Salt and pepper

① Preheat oven to 400°F. Cut each squash in half lengthwise and remove seeds. Trim and discard ends, then cut each half crosswise into slices that are about 1 inch thick.

② Place slices in a large bowl; add oil, chili powder, cumin, paprika, ½ tsp. salt and ¼ tsp.

pepper. Toss to coat. Arrange slices flat on 2 large baking sheets. Roast until lightly browned and tender, turning once, 35 to 40 minutes. Season with additional salt and pepper, if desired.

PER SERVING 120 Cal., 7g Fat (1g Sat.), 0mg Chol., 2g Fiber, 1g Pro., 15g Carb., 229mg Sod.



MUSHROOMS


SHRIMP, MUSHROOM AND SNOW PEA STIR-FRY

COST PER SERVING \$3.34 / **TOTAL** 35 min. / **SERVES** 4

- ½ cup low-sodium chicken broth
- 2 Tbsp. low-sodium soy sauce
- 2 Tbsp. grated fresh ginger
- 1 tsp. cornstarch
- 1 Tbsp. vegetable oil
- 8 oz. sliced mushrooms
- 8 oz. snow peas, strings removed
- 1 lb. medium or large shrimp, peeled, deveined
- 2 scallions, white and light green parts, thinly sliced
- Salt and pepper, optional
- Cooked rice or rice noodles for serving, optional

- ❶ In a small bowl, mix broth, soy sauce, ginger and cornstarch.
- ❷ Warm oil in a large nonstick skillet or wok over medium-high heat until shimmering. Cook mushrooms, stirring, until their liquid has evaporated and they have browned, 6 to 10 minutes. Add snow peas; stir-fry until crisp-tender, about 2 minutes. Toss in shrimp and cook, stirring, until pink, 3 to 5 minutes. Add scallions; stir-fry 30 seconds more. Stir broth mixture; pour into pan. Stir-fry until shrimp are opaque and sauce has thickened slightly, approximately 1 minute. Season with salt and pepper and serve over rice or rice noodles, if desired.

PER SERVING 166 Cal., 5g Fat (1g Sat.), 143mg Chol., 2g Fiber, 20g Pro., 10g Carb., 951mg Sod.


SCAN
EACH DISH
TO SAVE THE
RECIPE AND
SHOP FOR
INGREDIENTS.
See page 2.



⚡
DID YOU KNOW
MUSHROOMS
ARE PACKED WITH
B VITAMINS?
⚡

SPICY SAUSAGE AND PORTOBELLO 'PIZZAS'

COST PER SERVING \$3

HANDS-ON 25 min. / **TOTAL** 1 hr.

SERVES 6

- 6 portobellos, stemmed
- Salt and pepper
- 2 Tbsp. olive oil
- 1 medium onion, chopped
- 1 clove garlic, minced
- 12 oz. hot Italian sausage, casing removed
- 3 medium tomatoes, peeled, seeded and diced
- 1 tsp. chopped fresh oregano (or ½ tsp. dried)
- ¼ tsp. crushed red pepper
- ¾ cup shredded mozzarella

❶ Preheat oven to 375°F. Holding a portobello in 1 hand, use a small spoon to gently scrape out gills from underside. Repeat with rest of mushrooms. Sprinkle with salt and pepper. Place portobellos flat, gill side down, on a large baking sheet; bake until slightly softened and just beginning to give off liquid, 10 to 15 minutes. (Time will vary according to size of portobellos.) Pat gill side dry with paper towels.

❷ Warm oil in a large skillet over medium-high heat. Cook onion, stirring, until softened, 3 to 5 minutes. Add garlic; sauté 1 minute more. Add sausage and cook, breaking up large pieces, until no longer pink, 5 to 7 minutes. Stir in tomatoes and increase heat to high. Cook, stirring, until liquid has evaporated, 10 to 12 minutes. Stir in oregano and red pepper. Season with salt and pepper.

❸ Divide sausage mixture among portobellos, filling gill side of each with about ½ cup. Top with mozzarella. Bake until cooked through and cheese is melted, about 10 minutes. Serve immediately.

PER SERVING 316 Cal., 26g Fat (9g Sat.), 54mg Chol., 2g Fiber, 14g Pro., 8g Carb., 709mg Sod.



MUSHROOM AND GOAT CHEESE BRUSCHETTA

COST PER SERVING 80¢ / **HANDS-ON** 30 min. / **TOTAL** 45 min. / **YIELDS** 16 pieces

- ¼ cup olive oil
- 1 small shallot, minced
- 1 clove garlic, minced
- 10 oz. fresh mushrooms, trimmed, coarsely chopped
- Salt and pepper
- 2 Tbsp. chopped fresh parsley
- 2 tsp. lemon juice
- 16 slices French or Italian bread, cut diagonally about ½ inch thick
- 6 oz. soft goat cheese, at room temperature

❶ Preheat oven to 375°F. Warm 2 Tbsp. oil in a skillet over medium heat. Sauté shallot until softened, about 3 minutes. Add garlic; sauté 30 seconds. Add mushrooms, season with salt and pepper and increase heat to high. Cook, stirring occasionally, until mushrooms are tender and most of liquid has evaporated, about 7 minutes. Remove from heat; stir in parsley and lemon juice. Season with additional salt and pepper, if desired.

❷ Brush bread on both sides with remaining 2 Tbsp. oil; place in a single layer on a baking sheet. Bake until golden and crisp, 6 to 8 minutes, turning once. Spread goat cheese on bread slices and top each with a heaping tablespoonful of mushroom mixture. Serve.

PER SERVING (1 PIECE) 158 Cal., 6g Fat (2g Sat.), 5mg Chol., 1g Fiber, 6g Pro., 20g Carb., 352mg Sod.



CRANBERRIES

THESE RUBY GEMS
CAN MAKE
SO MUCH MORE
THAN SAUCE.

CRANBERRY OAT BARS

COST PER SERVING 66¢ / **HANDS-ON** 30 min. / **TOTAL** 3 hr. / **YIELDS** 16 squares

- 2 cups fresh or frozen cranberries
- ½ cup sugar
- 2 Tbsp. orange marmalade
- 2 tsp. finely grated lemon zest
- 1½ cups rolled oats
- 1½ cups all-purpose flour
- 1 cup packed light brown sugar
- ½ tsp. baking powder
- ½ tsp. salt
- 10 Tbsp. (1¼ sticks) cold unsalted butter, cut into small pieces

① Combine cranberries, sugar, marmalade and zest in a small pan. Add 2 Tbsp. water; bring to a boil, stirring and slightly crushing berries. Reduce heat to medium-high; cook until reduced to 1 cup, 5 to 10 minutes, stirring often. Transfer to a bowl, partially cover and refrigerate until thoroughly chilled, at least

2 hours. (May be made up to 3 days in advance; keep covered and chilled.)

② Preheat oven to 350°F. Coat a 9-inch square baking pan with cooking spray. Line with foil, allowing an overhang of 2 inches; spray foil.

③ Combine oats, flour, brown sugar, baking powder and salt in a bowl. Use your fingers or a pastry blender to work butter into mixture until butter is the size of small peas.

④ Press ½ of oat mixture in bottom of pan. Spread cranberry mixture evenly over crust. Crumble remaining oat mixture on top; pack down slightly. Bake until top and edges are lightly browned, approximately 30 minutes. Allow to cool completely before cutting.

PER SERVING (1 SQUARE) 223 Cal., 8g Fat (5g Sat.), 19mg Chol., 2g Fiber, 2g Pro., 37g Carb., 93mg Sod.

WILD RICE SALAD WITH CRANBERRIES AND PECANS

COST PER SERVING \$1.20

HANDS-ON 15 min.

TOTAL 3 hr. 15 min. / **SERVES** 6

- 1 cup fresh or frozen cranberries, thawed if frozen
- 1 cup sugar
- 1 cup wild rice, rinsed
- Salt and pepper
- ¾ cup coarsely chopped toasted pecans
- 3 Tbsp. olive oil
- 2 Tbsp. red wine vinegar
- 2 scallions, white and light green parts, thinly sliced

① Cut each cranberry in half. Combine sugar and ½ cup water in a small pan. Bring to a boil, stirring just until sugar has dissolved. Boil until clear but not thickened, about 1 minute. Remove from heat; stir in cranberries and let steep in syrup until bright red and softened, about 15 minutes. Strain and chill cranberries. (Reserve strained syrup for another use.)

② Place rice in a large covered pan; pour in 1 quart water. Add 1 tsp. salt; bring to a boil. Reduce heat to medium-low and cover. Simmer until rice is tender and grains have started to open, 50 to 55 minutes. Drain well, rinse under cold water and drain again (you should have about 3 cups total).

③ Transfer rice to a large bowl. Add cranberries, pecans, oil, vinegar and scallions. Mix gently; season with salt and pepper. Cover and refrigerate for at least 2 hours. Serve cold.

PER SERVING 391 Cal., 17g Fat (2g Sat.), 0mg Chol., 4g Fiber, 5g Pro., 58g Carb., 398mg Sod.



HAM STEAK WITH CRANBERRY-MUSTARD GLAZE

COST PER SERVING \$2.84 / **HANDS-ON** 10 min. / **TOTAL** 35 min. / **SERVES** 4

- 1½ cups fresh or frozen cranberries
- ½ cup sugar
- 2 tsp. cider vinegar
- 1 tsp. grated orange zest
- ¼ tsp. salt
- 2 Tbsp. unsalted butter
- 1 fully cooked ham steak (about 1¼ lbs.)
- 2 Tbsp. Dijon mustard

1 Combine cranberries, ½ cup water, sugar, vinegar, zest and salt in a large pan. Bring to a boil. Reduce heat to medium-low; simmer until berries have burst, about 10 minutes. Strain into a large bowl, pressing against solids to extract as much liquid as possible (you

should have about ⅔ cup). Discard solids.

2 Melt butter over medium-high heat in a skillet large enough to hold ham flat. Pat ham dry and cook until lightly browned, about 5 minutes per side. Transfer to a large plate and pour off all but 1 Tbsp. liquid in skillet.

3 Pour strained cranberry mixture into skillet, add 1 Tbsp. water and stir over low heat until smooth, scraping up any browned bits from bottom of skillet. Whisk in mustard. Return ham to skillet and turn a few times to coat and warm through. Transfer to a platter and drizzle with any extra glaze. Serve warm.

PER SERVING 347 Cal., 12g Fat (6g Sat.), 79mg Chol., 2g Fiber, 28g Pro., 31g Carb., 2,128mg Sod.



SCAN
EACH DISH
TO SAVE THE
RECIPE AND
SHOP FOR
INGREDIENTS.
See page 2.

ROOT VEGETABLES

ROOT VEGETABLE HASH WITH FRIED EGGS

COST PER SERVING \$1.30 / **TOTAL** 50 min. / **SERVES** 4

- 2 Tbsp. olive oil
- 1 large leek, trimmed, halved lengthwise, cut crosswise into ¼-inch slices
- 1 rib celery, thinly sliced
- 2 carrots, cut into ¼-inch dice
- 1 medium Yukon Gold potato, peeled, cut into ¼-inch dice
- 1 parsnip, cut into ¼-inch dice
- 1 small white turnip, cut into ¼-inch dice
- 1 small beet, trimmed, cut into ¼-inch dice
- Salt and pepper
- 2 Tbsp. unsalted butter
- 4 large eggs

❶ Warm oil in a large skillet over medium-high heat. Add leek and celery; cook, stirring, until softened but not browned, about 5 minutes. Add carrots, potato, parsnip, turnip and beet. Season with salt and pepper. Pour in ¼ cup water; loosely cover. Cook, stirring, until vegetables are soft but not mushy and most of liquid has been absorbed, 10 to 12 minutes. Season with salt and pepper, if desired.

❷ Melt butter in a large nonstick skillet over medium-high heat. Crack eggs into skillet and cook until desired doneness. Season with salt and pepper. Divide hash among 4 dishes and top each with an egg.

PER SERVING 279 Cal., 18g Fat (6g Sat.), 201mg Chol., 4g Fiber, 9g Pro., 23g Carb., 453mg Sod.

CREAMY LEEK AND PARSNIP SOUP

COST PER SERVING \$1.94

HANDS-ON 15 min.

TOTAL 55 min. / **SERVES** 4

- 2 Tbsp. unsalted butter
- 3 leeks, trimmed, halved lengthwise, cut crosswise into ½-inch-thick slices
- 5 medium parsnips (about 1 lb.), thinly sliced
- Salt and pepper
- 4½ cups low-sodium chicken broth
- ½ cup heavy cream
- 1 Tbsp. snipped chives

❶ Melt butter in a large heavy saucepan over medium heat. Add leeks, parsnips, ½ tsp. salt and ¼ tsp. pepper. Cook, stirring often, until softened but not browned, about 10 minutes. Pour in 4 cups broth, increase heat to high and bring to a full boil. Reduce heat to medium-low and cook, partially covered, stirring occasionally, until vegetables are very soft, about 30 minutes.

❷ Let cool slightly. Working in batches, puree soup in a blender. Return soup to saucepan and stir in cream. Warm over low heat and season well with salt and pepper. Thin with remaining broth if soup is too thick. Ladle into warmed soup bowls, garnish with a pinch of chives, and serve.

PER SERVING 309 Cal., 19g Fat (11g Sat.), 56mg Chol., 6g Fiber, 9g Pro., 30g Carb., 710mg Sod.



ROAST CHICKEN WITH VEGETABLES

COST PER SERVING \$3.05 / **HANDS-ON** 30 min.

TOTAL 2 hr. 10 min. / **SERVES:** 6

- | | |
|--|---|
| 1 roasting chicken, about 5 lbs. | 2 parsnips, cut into 1-inch pieces, thick ends halved |
| 1 lemon, halved | 2 small white turnips, peeled and halved |
| 2 Tbsp. unsalted butter, softened | 6 small red potatoes, halved |
| Salt and pepper | 2 shallots, halved |
| 2 leeks, dark green leaves trimmed, halved lengthwise, cut into 2-inch lengths | 2 sprigs fresh thyme |
| 2 carrots, cut into 1-inch pieces | 2 Tbsp. olive oil |
| | ½ cup low-sodium chicken broth |

1 Preheat oven to 475°F. Coat a large roasting pan with cooking spray. Trim chicken of excess fat. Place lemon halves inside cavity. Truss or tie legs with kitchen string; tuck wings underneath body. Set chicken in center of roasting pan and rub all over with butter. Season generously with salt and pepper.

2 In a large bowl, toss leeks, carrots, parsnips, turnips, potatoes, shallots and thyme with olive oil. Season with salt and pepper. Arrange vegetables around chicken; pour in broth. Roast for 25 minutes, then reduce oven temperature to 400°F. Cook until an instant-read thermometer inserted into thigh reads 165°F, 50 to 60 minutes.

3 Transfer chicken to a large platter, cover loosely with foil and let rest for 10 to 15 minutes. Before serving, remove any excess fat from roasting pan, then place pan, with vegetables and pan juices, over medium-high heat. (If there are not enough pan juices, pour in ¼ cup chicken broth.) Cook, tossing vegetables, until warmed through, shiny and glazed, 3 to 5 minutes. Uncover chicken, surround with vegetables and serve warm.

PER SERVING 552 Cal., 14g Fat (5g Sat.), 136mg Chol., 8g Fiber, 47g Pro., 61g Carb., 635mg Sod.



SCAN EACH DISH TO SAVE THE RECIPE AND SHOP FOR INGREDIENTS. See page 2.

CARROTS, PARSNIPS,
POTATOES: FEW
THINGS SAY HEARTY
FALL COMFORT FOOD
LIKE ROOT
VEGETABLES.



SPOOKY AND SWEET

DON'T BE SCARED! MAKE ONE—OR A FEW—
OF THESE IMPRESSIVE (and frighteningly easy) TREATS
FOR A KID-FRIENDLY HALLOWEEN PARTY

Boo! Our candy-coated apples come together in a snap.

"Mummify" this layer cake in melted marshmallows.

Create a "graveyard" with store-bought goodies.

RED VELVET COBWEB CUPCAKES



SCAN
EACH DISH
TO SAVE THE
RECIPE AND
SHOP FOR
INGREDIENTS.
See page 2.

COST PER SERVING 77¢
HANDS-ON 40 min.
TOTAL 1 hr. 5 min.
YIELDS 24 cupcakes

CUPCAKES:

- 2½ cups all-purpose flour
- ¼ cup unsweetened cocoa powder
- 1½ tsp. baking soda
- 1 tsp. salt
- 1 cup buttermilk
- 2 Tbsp. red liquid food coloring
- 1 Tbsp. white vinegar
- 1 tsp. vanilla extract
- ½ cup (1 stick) unsalted butter, at room temperature
- 1½ cups sugar
- 2 large eggs

FROSTING:

- 1 8-oz. package cream cheese, at room temperature
- ½ cup (1 stick) unsalted butter, at room temperature
- 1 tsp. vanilla extract
- 3 cups confectioners' sugar
- ½ cup unsweetened cocoa powder
- White decorating gel (such as Betty Crocker)

❶ Preheat oven to 350° F. Place paper liners in 2 12-cup muffin tins.

❷ Make cupcakes: In a medium bowl, whisk together flour, cocoa powder, baking soda and salt. In a small bowl, whisk together buttermilk, red coloring, vinegar and vanilla. In a large bowl, using an electric mixer on medium-high speed, beat butter and sugar until fluffy, about 3 minutes. Add eggs, 1 at a time, beating well after each addition and scraping down sides of bowl. Alternate adding dry ingredients and buttermilk

mixture, beginning and ending with dry ingredients. Beat until just incorporated.

❸ Divide batter evenly among paper liners, filling each about halfway. Bake until a toothpick inserted into center of a cupcake comes out clean, about 25 minutes. Cool in pans on wire rack for 10 minutes, then remove cupcakes from pans to rack to cool completely.

❹ Make frosting: In a large bowl, using an electric mixer on medium-high speed, beat cream cheese and butter until creamy, about 3 minutes. Beat in vanilla. Gradually beat in

sugar and cocoa powder until well combined.

❺ Spread chocolate-cream cheese frosting on cupcakes and arrange on a platter in a tight, circular formation. Use decorating gel to pipe concentric circles, starting with small circle in center and getting larger toward outer edge. Starting in center, drag a toothpick through circles, as though you were making spokes on a wheel, to complete large web design.

PER SERVING (1 CUPCAKE) 282 Cal., 12g Fat (7g Sat.), 47mg Chol., 1g Fiber, 3g Pro., 42g Carb., 230mg Sod.



TIP

No need to set out the cupcakes in a perfect circle. Instead, emulate the threads of a spiderweb!



MUMMIFIED CANDY-CORN CAKE

COST PER SERVING \$1.04 / HANDS-ON 45 min. / TOTAL 4 hr. / SERVES 12

- 3¼ cups cake flour
- 1½ Tbsp. baking powder
- ½ tsp. salt
- 1 cup plus 2 Tbsp. whole milk
- 2 tsp. vanilla extract
- 14 Tbsp. (1¼ sticks) unsalted butter, at room temperature
- 1¼ cups sugar
- 5 large egg whites
- 2½ tsp. yellow gel food coloring (such as Betty Crocker)
- ¼ tsp. red gel food coloring
- 2 16-oz. cans vanilla frosting
- ¼ 10-oz. bag large marshmallows

1 Preheat oven to 350°F. Coat 3 8-inch round cake pans with cooking spray. Line bottoms with parchment; mist again with cooking spray.

2 Make batter: In a medium bowl, whisk together flour, baking powder and salt. Combine milk and vanilla in a measuring cup. In a large bowl, using an electric mixer on medium speed, beat butter and sugar until light and fluffy, scraping down sides of bowl.

3 Reduce speed to low and alternate adding flour and milk mixtures to butter (begin and end with flour), until just combined. In a clean medium bowl with clean beaters, beat egg whites on medium speed until stiff peaks form, about

3 minutes. Using a rubber spatula, fold egg whites into batter in 3 additions.

4 Create layers: Divide batter in 3 medium bowls (2 cups each). Add 1½ tsp. yellow coloring to 1 bowl; stir. Add red coloring and 1 tsp. yellow coloring to second bowl; stir. Leave third bowl white. Spread batter into pans. Bake until a toothpick inserted into center comes out clean, about 25 minutes. Cool in pans on a wire rack for 5 minutes, then remove to rack to cool completely.


5 Level tops of cake layers with a serrated knife, if necessary. Dab small amount of frosting in center of cake stand and top with orange layer. Spread 1 cup frosting on top; add yellow layer and align sides.

Spread 1 cup frosting over yellow layer, then top with white layer and align. Spread remaining frosting around sides, then over top. Smooth with a knife or spatula.

6 In a microwave-safe bowl, microwave marshmallows on high for 30 seconds. Stir until smooth and just warm to the touch. Pull off a piece about the size of 1 marshmallow and stretch between thumb

and forefinger of both hands until thin. Drape strand over and around cake. Repeat until you reach desired “mummy” effect. Refrigerate for at least 2 hours before serving.

PER SERVING 668 Cal., 27g Fat (11g Sat.), 38mg Chol., 1g Fiber, 6g Pro., 103g Carb., 461mg Sod.


SCAN
EACH DISH
TO SAVE THE
RECIPE AND
SHOP FOR
INGREDIENTS.
See page 2.





HAUNTED CHOCOLATE BARK

COST PER SERVING 55¢

HANDS-ON 15 min.

TOTAL 1 hr. 30 min.

YIELDS 1 10-by-12-inch
piece (about 24 servings)

8 oz. milk chocolate,
chopped

8 oz. semisweet
chocolate, chopped
Reese's peanut
butter cups,
quartered

Kit Kat bars, gummy
worms, candy corn,
M&M's and candy
eyes (such as Wilton)

① Line a large baking sheet with parchment.
② In a large heatproof bowl set over a medium pot of just-simmering water, melt milk and semisweet chocolate, stirring occasionally. Remove bowl from pot and allow to cool for 15 minutes.

③ Pour chocolate onto baking sheet and spread into rectangle measuring 10 by 12 inches, about ¼ inch thick. Arrange candy on top of chocolate, pressing down slightly.

④ Refrigerate bark until just set, about 1 hour. With a sharp knife, cut into pieces. Chill in refrigerator until ready to serve.

PER SERVING 193 Cal.,
11g Fat (7g Sat.), 4mg Chol.,
1g Fiber, 3g Pro., 24g Carb.,
20mg Sod.



TIP

To get a few flavors
in each bite, make
sure you distribute
the candy evenly.





TIP

For a modern take on Halloween decorating, go monochromatic with balloons, streamers and more.



SCAN EACH DISH TO SAVE THE RECIPE AND SHOP FOR INGREDIENTS. See page 2.



SPOOKY CANDY-COATED APPLES

COST PER SERVING \$1.42
HANDS-ON 20 min. / **TOTAL** 1 hr.
SERVES 6

- 6 small apples, scrubbed, stems removed
- 2 12-oz. bags white candy melts
- ¼ cup semisweet chocolate chips

- 1 Line a baking sheet with parchment. Grease with cooking spray.
- 2 Insert a wooden skewer or heavy-duty cake-pop stick through top of each apple. In a medium microwave-safe bowl, melt candy melts on high until smooth, stirring halfway through, about 3 minutes total.
- 3 Dip apples in melted candy

- by tilting bowl and turning apples to coat, spooning additional melted candy over apples, if necessary. Place dipped apples on prepared baking sheet. Place sheet in refrigerator to chill for at least 30 minutes.
- 4 Melt chocolate chips in a small microwave-safe bowl on high until smooth, stirring at

20-second intervals, about 1 minute. Spoon chocolate into one corner of a ziplock bag; using scissors, cut a small hole in corner. Pipe eyes and mouth on each apple. Chill apples at least 10 minutes or until ready to serve.

PER SERVING 408 Cal., 19g Fat (17g Sat.), 0mg Chol., 2g Fiber, 1g Pro., 60g Carb., 65mg Sod.



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DESERTED GRAVEYARD CAKE

COST PER SERVING \$1.09 / HANDS-ON 35 min. / TOTAL 2 hr. 40 min. / SERVES 12

- 2¼ cups all-purpose flour
- ¾ tsp. baking soda
- ½ tsp. salt
- ½ cup unsweetened cocoa powder
- ¾ cup whole milk
- 1 cup (2 sticks) plus 2 Tbsp. unsalted butter
- 1½ cups sugar
- 3 large eggs
- 2 tsp. vanilla extract
- ⅓ cup sliced almonds, toasted
- 1 Tbsp. pumpkin seeds, toasted
- Red, yellow and brown liquid food coloring
- 1 16-oz. can chocolate frosting
- 7 cookies (such as Milano)
- ½ 12-oz. bag small pretzel sticks
- ¼ cup candy corn
- 10 candy pumpkins

- ① Preheat oven to 350°F. Fill a medium pot with water; bring to a boil. Line a 13-by-9-inch pan with a length of foil, letting foil edges hang over at least 2 inches on longer sides of pan. Grease and flour pan. In a large bowl, whisk together flour, baking soda and salt. In a separate bowl, stir together cocoa powder and ⅓ cup boiling water; whisk in milk until smooth.
- ② Using an electric mixer on medium-high speed, beat butter and sugar until fluffy. Beat in eggs, 1 at a time, and vanilla. Reduce speed to low; add flour and cocoa mixtures, alternating each 3 times, scraping down sides of bowl.

- ③ Pour batter into prepared pan and, using a rubber spatula, spread smoothly. Bake, rotating halfway through, until a toothpick inserted into center comes out clean, about 35 minutes. Cool in pan for 1 hour; using foil as handles, remove cake from pan and turn out onto a tray to cool completely.
- ④ Color leaves: In a small bowl, combine sliced almonds and pumpkin seeds with 3 drops of red coloring. Gently mix with a spoon. Repeat with drops of yellow and brown coloring, as desired.
- ⑤ Decorate cake: Place 2 Tbsp. frosting in a ziplock bag. Cut a small hole in corner and pipe

RIP onto cookies. Cover top and sides of cake with remaining frosting. Adhere pretzel sticks along sides, about ¼ inch apart, leaving 2 2-inch gaps for path. Create path with candy corn.

⑥ Cut 7 small slits on top of cake and insert gravestone cookies; scatter almonds and pumpkin seeds at each cookie, and at corners and edges of cake, to resemble fall leaves. Add candy pumpkins around cake, as desired.

PER SERVING 680 Cal., 30g Fat (14g Sat.), 97mg Chol., 3g Fiber, 8g Pro., 98g Carb., 553mg Sod.



SCAN
EACH DISH
TO SAVE THE
RECIPE AND
SHOP FOR
INGREDIENTS.
See page 2.

DON'T BE CHICKEN.

MAKE A GREAT SUPPER IN JUST 15 MINUTES.



Sausage ~~CHICKEN~~ ALFREDO

READY IN: ~~1 HOUR~~ 15 minutes

1 pkg. Hillshire Farm® Smoked Sausage

~~5 chicken breast halves, cubed~~

~~2 tbsps. butter, divided~~

~~2 cloves garlic, minced, divided~~

~~2 tbsps. chopped flat-leaf parsley~~

~~1 1/2 tbsps. Italian seasoning~~

~~1/2 onion, diced~~

~~1 1/2 tbsps. salt~~

~~1/2 tsp. ground white pepper~~

8 oz. pasta, cooked, drained

2 cups heavy cream

2 tsp. Cajun seasoning

1/2 cup grated Parmesan

1. Prepare pasta according to package directions; drain and set aside.

Sauté sausage for 5 minutes.

~~2. Cook chicken in butter, season with salt, white pepper and Italian seasoning in a large skillet over medium-high heat until chicken is no longer pink. Stir in onion and parsley; cook until onions are transparent.~~

3. Add ~~garlic cloves~~, cream and Cajun seasoning and boil. Reduce heat; simmer 3–4 mins. or until mixture begins to thicken. Stir in Parmesan. Add pasta and toss.

Great additions are peas, tomatoes or any of your favorite vegetables. Just stir them in and simmer.



More 15 minute sensations at sausagesosimple.com

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SNACK BAR

TODAY'S SPECIALS

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THE PB&J
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OUR EXPERT
CHERYL SLOCUM,
senior food editor,
Cooking Light

Smart Food Advice

Helpful tips to make your time in the kitchen easier and tastier

ENTERTAINING MADE **EASY**



Talk about supercute snacks! Use a portable chalkboard as a cheese plate, or craft your own. This version, by Kelsie and Lexi Aziz of pizzaandchampagne.com, is actually a piece of craft wood covered in nontoxic chalkboard paint. Even easier? Apply chalkboard paint to a piece of poster board and cut that to fit a serving tray. Place a variety of cheeses (**Cheddar** and **blue cheese**, say, as well as a softer option, like **Brie**) on top with small pieces of parchment or waxed paper (to make cleanup quicker and easier). Write the name of each cheese in chalk and fill out the tray, if desired, with **apple slices**, **crackers**, **dried fruit**, **jam**, **nuts** or other treats.

BIG FLAVOR FROM A SLOW ROAST

Fresh garlic transforms in the oven, losing its raw bite and becoming caramelized and rich. To roast, cut off the very top of a head of garlic; drizzle with oil. Wrap in foil and bake for 30 minutes at 400°F or until soft. Cool slightly; squeeze the garlic pulp out of the head and into a bowl. Then enjoy:

- 1 Live up your favorite sour cream or Greek yogurt-based dip with a few cloves.
- 2 Stir into mashed potatoes or toss with roasted root vegetables or broccoli.
- 3 Using an immersion blender or a food processor, add a few cloves to almost any flavor of hummus.
- 4 In the same way, add to a vinaigrette or Caesar dressing for a mellow garlicky hit.
- 5 Spread a bit on French or Italian bread to go with your favorite pasta dish.





Build endless possibilities.



Use any berry in this recipe, or try a different taste altogether with banana and peanut or almond butter.



SCAN THE DISH TO SAVE THE RECIPE AND SHOP FOR INGREDIENTS. See page 2.



Strawberry Cream Cheese Waffle Sandwiches

COST PER SERVING \$1.30 / **HANDS-ON** 10 min. / **TOTAL** 15 min. / **SERVES** 4

- 4 ounces** Neufchâtel (about $\frac{1}{2}$ cup)
- 4 tsp.** brown sugar
- $\frac{1}{4}$ tsp.** ground cinnamon
- $\frac{3}{4}$ cup** sliced strawberries
- 8 frozen** multigrain waffles (such as Kashii), toasted

The night before: Place cheese, sugar and cinnamon in a medium bowl; beat with a mixer at medium speed until well blended. Store covered in the refrigerator.

In the morning: Gently fold in strawberries. Spread about 3 Tbsp. cheese mixture over each of 4 waffles; top with remaining 4 waffles.

PER SERVING 269 Cal., 9g Fat (4g Sat.), 20mg Chol., 7g Fiber, 10g Pro., 42g Carb., 443mg Sod.



A SLOW COOKER WITH CHARACTER

Our favorite appliance has gone mod. This slow cooker by Bella Housewares—available in fun colors including purple, lime green and hot pink—can be preprogrammed, so you can set it and walk away. The hinged lid has a slot for a spoon (to help keep your counter clean), and it locks for easy transport.

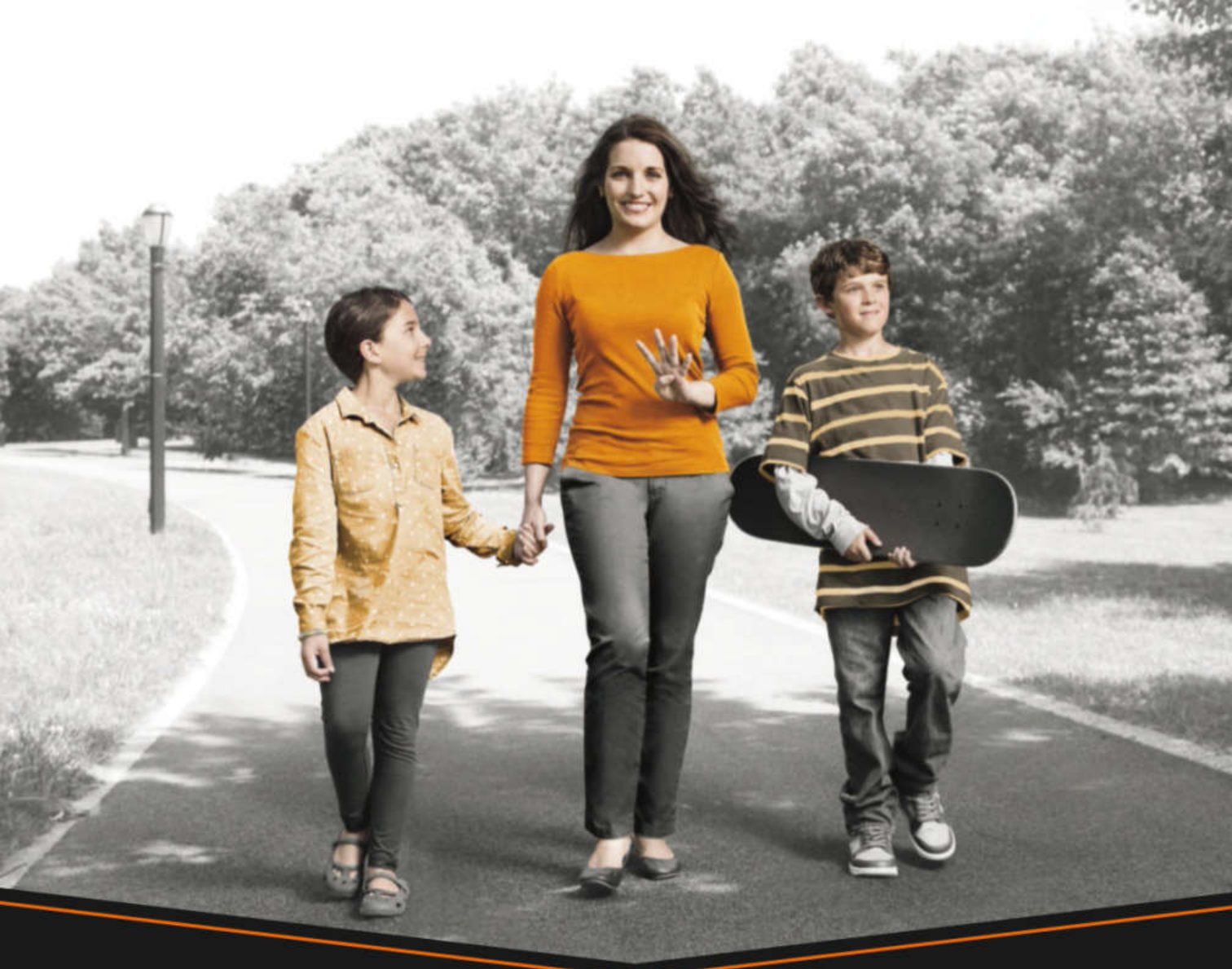
Linea Collection 5-quart programmable slow cooker, \$40; walmart.com.



SCAN THE COOKER TO BUY IT. See page 2.

Give your child Rice Krispies and see what they create.





UNDERSTAND THE DIFFERENCE BETWEEN GETTING A FLU SHOT AND CHOOSING ONE.

CHOOSE THE FLU SHOT WITH BROADER COVERAGE.

The 3-strain flu vaccines only cover three types of flu virus strains, but the 4-strain vaccines cover an additional strain.
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It's late afternoon, and the kids are antsy and bored. Keep them busy with these fun, simple, engaging ideas

Stress-free AFTER-SCHOOL Activities



MAXIMIZE YOUR AT-HOME TIME

EASILY MANAGE YOUR FAMILY CALENDAR WITH THE COZI APP (FREE, ANDROID, IOS) SO YOU CAN SPEND MORE TIME DOING THINGS YOU ACTUALLY ENJOY. (COZI IS OWNED BY TIME INC., PARENT COMPANY OF ALL YOU.)



BRING OUT THEIR INNER WRITER

Have your children write a letter about how much they love a family member, or get them to jot down a funny story from school. (Your little ones can just practice their ABCs or can dictate a story to an older sibling.) Encourage the kids to illustrate their note or story. If you want to go all out, make multicolor muffin-tin crayons (visit allyou.com/homemade-crayons for the how-to guide). At dinner the kids can read aloud what they've written so the family can enjoy it.



MAKE PLAY DOUGH

Prep the dough beforehand—maybe during the weekend (visit allyou.com/make-play-dough for the recipe). Or, if you've got time, do it with your kids after school—they're sure to enjoy stirring and pouring. While you're making dinner, have your kids sit at the kitchen table and play a design game. Say, "Make me something scary!" Your kids can then mold their best shark or dinosaur—whatever they deem frightening. Or, "Make me something you saw today!" The possibilities are endless.



GET THEM PICKING

Have a garden, or just some potted basil on your windowsill? Send your children to find produce or herbs for dinner. And get them to taste or smell what they pick, so they can try to understand what flavor it contributes to your meal. If nothing's ready this time of year, suggest they water the plants (kids enjoy watering, and it's a time-saver for you). To keep it fun, don't have them pick weeds—kids see that as a chore.

Source: Barb Webb, founder of the ruralmom.com blog



"HOW I KEEP MY KIDS BUSY" *"After school, I typically take my kids to the park for at least an hour before we all head home. Because they've been running around and playing, they end up physically exhausted when we get back to the house, so they're completely happy doing something quiet, like reading or building with Legos, while I make dinner."* —Lisa Greissing, 53, New York City



ENCOURAGES
GIRLS TO
TAKE UP
SPORTS



MAKES
HEALTHFUL
LUNCHES
HER GOAL



NURTURES
CHILDREN
THROUGH
GARDENING



EMPOWERS
GIRLS OF
COLOR WITH
TECHNOLOGY

THEY HAVE A MISSION: ENRICH KIDS' LIVES

WHETHER PLANTING GARDENS, PROMOTING FITNESS, SHARING THE GIFT OF MUSIC OR TEACHING TECHNOLOGY, THESE SEVEN WOMEN ARE ENSURING SCHOOLCHILDREN ARE PREPARED TO BE HEALTHY, HAPPY AND SUCCESSFUL *By Alison Gwinn*



SHARES A
CREATIVE
WAY TO
FUND-RAISE



INSPIRES
CHILDREN
TO LOVE
MUSIC



BUILDS KIDS
A SAFE AND
FUN PLACE
TO PLAY



**GIVING GIRLS
A SPORTING
CHANCE**

Amy and friends
limber up
in Union Park
in Chicago.

Amy Skeen

GIRLS IN THE GAME, **CHICAGO**
girlsinthegame.org

Think sports are just kid stuff? Not according to Amy Skeen, the president emeritus of Girls in the Game. “Sports are so much more than fun and games,” she says. “They allow you to challenge yourself to be a leader, understand the importance of teamwork, push yourself to set goals and take risks, and learn that working hard can help you accomplish amazing things.”

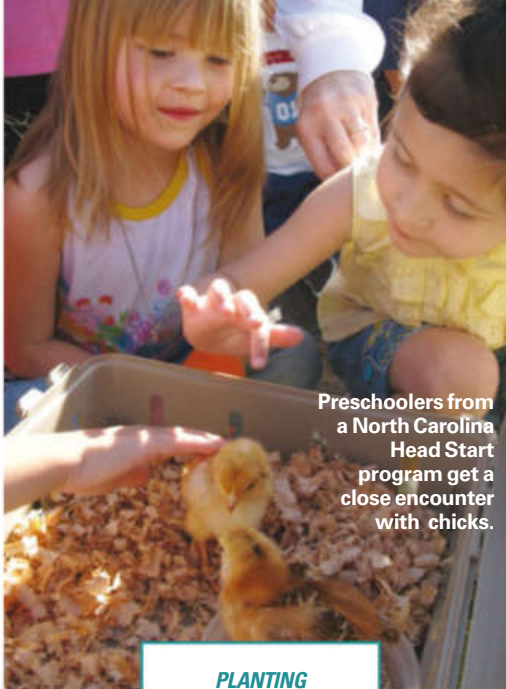
Those are some of the lessons that the Chicago nonprofit, founded in 1995, tries to instill in the 3,500 girls it helps every year through athletics. Why sports for girls? “Studies show that boys, regardless of where they live, get a decent amount of access to health and fitness programs, as do girls in suburbs,” says Amy, 45, who grew up in a small town in Iowa, where she had lots of chances to play. “But if you are a girl living in a city, you are the low person on the totem pole.”

Girls in the Game answers that need by

working with 60 schools weekly—using their gymnasiums, outdoor play yards or nearby parks. It enlists the help of student-athletes from Chicago-area universities including DePaul, Loyola and Northwestern, who teach girls a basic tennis serve, how to kick a soccer ball, how to play basketball or softball—“almost any kind of sport you can imagine,” says Amy, the mother of two young boys.

“But what we are really aiming for is that the girls feel better about themselves. When we put together a girls’ triathlon team, one girl had no idea what a triathlon even was, and it was scary for her. Over and over, she wanted to quit. I said, ‘No, you’re not quitting.’ And she said, ‘Well, you’re not doing it!’ And I told her, ‘If you do a triathlon this year, I will do my first one next year.’ And I did. She did six more triathlons after that—and you could see how she started to believe in herself and apply that confidence to her daily life. She finished high school, went on to college, and now she comes back to mentor other girls. I have a million stories like that. Just having someone believe in you can change your whole outlook.”

CLOCKWISE FROM TOP LEFT: DARREN HAUCK, COURTESY OF WELLNESS IN THE SCHOOLS; COURTESY OF GROWING MINDS; DARREN HAUCK, DAYMON GARDNER, JAMEN HAUCK, COURTESY OF SCHOOLA; COURTESY OF BLACK GIRLS CODE



Preschoolers from a North Carolina Head Start program get a close encounter with chicks.

**PLANTING
THE SEEDS
FOR SUCCESS**

Emily Jackson

GROWING MINDS, **ASHEVILLE, N.C.**
growingminds.org

"There's an old adage among teachers: It's better to ask for forgiveness than permission," says Emily Jackson, 53. That's exactly what Emily did back in 1999 when she was teaching second- and third-graders in Waynesville, N.C. She unilaterally created a garden outside her classroom ("fortunately, I had a principal who was willing to overlook my negligence of the rules") and watched what sprouted, both in the soil and in the classroom.

"I found that we didn't have any behavioral problems out in the garden," Emily says. "The kids wanted to explore, they wanted to eat things. They wanted to follow up in the classroom on what they had discovered." Realizing she was on to something, in 2002, with the help of the Appalachian Sustainable Agriculture Project, she launched Growing Minds, one of the earliest farm-to-school programs in the United States.

Suddenly kids who'd

had no idea where their food came from were learning about local farms and healthy diets. The program was so successful that Emily worked to help other schools create their own gardens.

Last school year, more than 14,000 schoolchildren in 20 different counties benefited from farm-to-school programs with the help of Growing Minds, which provided recipes for schools, facilitated field trips and led cooking classes. The organization also has partnered with several nearby universities to teach farm-to-school courses to college students who plan to be teachers, dietitians and health professionals.

But ultimately, it's all about the kids. "When we ask the parents to report back on the program," Emily says, "we hear things like 'My child eats more fruits and vegetables' or 'My child wants to head for the produce section in the grocery.' And to me that is golden."

**BREAKING BARRIERS
FOR GIRLS OF COLOR**

KIMBERLY BRYANT

BLACK GIRLS CODE, **OAKLAND, CALIF.**
blackgirlscode.com

During her career as one of the few black women working in biotech, Kimberly Bryant, 48, wished she'd had more support. "It was very tough to find mentors and role models," she says, "because there were just so few women around, particularly women of color."

When her 12-year-old daughter expressed an interest in game development, Kimberly had a "lightbulb moment." Having just taken a corporate buyout and eager to create her own startup, she launched Black Girls Code in 2011 to provide tech classes for girls. Today, the organization has chapters in nine U.S. cities, as well as in Johannesburg, South Africa, and has served more than 3,000 students ages 6 to 17. (The classes are open to all girls that age, though BGC conducts specific outreach to under-represented communities, including black, Hispanic, Native American and Filipino girls.)

With the help of more than 2,000 volunteers, the nonprofit offers instruction in robotics, electronics, mobile applications, Web design, game development and more. Funding comes from grants, donations and corporate partners such as Google and Verizon.

"Our goal is to give the girls a really strong skill set," Kimberly says, "in order to create the next leaders in technology, whether the girls go into coding, software

engineering, design or sales and marketing. We want to create the female Mark Zuckerbergs of the future."



Girls in Atlanta learning to code.

**UNLEASHING
THE POWER
OF MUSIC**

Dinorah Marquez

LATINO ARTS STRINGS PROGRAM,
MILWAUKEE
latinoartsinc.org/strings.htm

Dinorah Marquez and her family immigrated to the United States from Mexico when she was 10 years old. Dinorah was painfully shy and spoke no English, but shortly after she came to this country, she and her brother were given the opportunity to learn the violin. "Music saved my life—and my brother's," she says. "It kept him away from gangs, and it gave me a voice. It was through music that I expressed myself."

Determined to give that same experience to other children, Dinorah founded the Latino Arts Strings Program (LASP) in Milwaukee in 2002 with 23 students. The program now trains more than 180 children each year, ages 5 to 18, most of them immigrants or children of immigrants. Families pay \$65 per year to acquire either a violin, a viola, a cello, a bass or a classical guitar—a fee that also covers private and group music lessons. All students must practice daily and perform at least three solo concerts a year; they're also trained to compete for a spot in the Milwaukee Youth Symphony Orchestra, which gives several performances every year, as well as four levels of Mariachi groups.

"Our students are classically trained, but they also explore techniques with Mexican and Latin American music," says Dinorah, 54.

Dinorah herself works double time: Not only does she teach 35 hours per week, she administers LASP and directs performing ensembles. "Some weeks seem like they're three weeks long," she says, "but it is a labor of love. When I see a child who is 5 years old first learn to hold a bow, or when I hear that one of our students has won a \$10,000-a-year Latin Grammy scholarship to go to college, that is so beautiful."



"I SEE THESE KIDS WALK AROUND WITH CONFIDENCE. THEY ARE LIKE CULTURAL AMBASSADORS."

DARREN HAUCK

Dinorah strikes up the band at the United Community Center in Milwaukee.

GOING BEYOND
THE BAKE SALE

STACEY BOYD

SCHOOLA, SAN FRANCISCO
schoola.com

Sometimes the simplest ideas have the biggest results. Just ask Stacey Boyd, 45, who in the spring of 2013 launched Schoola, an organization that uses clothing drives to help schools raise money to pay for art, drama, music and other programs that otherwise would not exist. "Schoola was really the result of the financial crisis," Stacey says, "not just here in California but across the U.S., where 80 percent of schools have seen some sort of funding cuts since 2008."

How does Schoola do it? By organizing programs in schools—more than 14,500 at last count, in all 50 states—to collect gently used children's and women's clothes, sell them through Schoola's website and reap the revenues. "We started with five schools in the Bay Area," Stacey says. "They collected about 1,500 items of clothing the last week of school in 2013, and when we opened up our first online store that August, we sold 25 percent of the inventory in the first week."

Stacey, a mother of two, is a onetime schoolteacher who went on to found an acclaimed inner-city charter school in Boston and then eventually launched a consulting firm, where she worked around the globe with such organizations as the World Economic Forum and the U.S. State Department on education projects.

But Schoola might well be her most brilliant idea yet. Typically, a school will hold a clothing drive, request shipping labels from the Schoola website and then ship whatever is collected to a warehouse in Columbus, Ohio. There, items are scanned, tagged and sold through the Schoola website, with a portion of the proceeds going back to the schools.

The revenue from the sales can really add up quickly. "We just wrote a check for \$22,000 to a school here in San Francisco that had only \$1 in its budget for an arts program," Stacey says.

"Making sure that kids have equitable access to education is what gets me out of bed in the morning. And Schoola makes so much sense—it's a win-win for everyone."



Pupils with bags of clothes for Schoola



CREATING A
PLACE TO PLAY

Marybeth Lima

LSU COMMUNITY PLAYGROUND PROJECT,
BATON ROUGE, LA.

For one Louisiana State University professor and her biological engineering students, the three R's are joined by a fourth: recess. The team has helped build 30 much-needed playgrounds at public elementary schools in the Baton Rouge area.

And they take play seriously. "We want to make sure every child has access to a safe, fun playground—and one that they had a hand in designing," says Marybeth Lima, 49, known as the Playground Lady. "I want the playgrounds we build to embody what the kids at a school are passionate about." Explains Marybeth, "Often, besides putting in

places where children can swing and climb, we will add stages so kids can act, put on plays, pretend they're rock stars or *Dancing with the Stars* contestants—whatever they like."

The playgrounds are built with the help of school fund-raisers and grants. And Marybeth's team—including former students who volunteer their time—considers a school's unique population. They've designed playgrounds for children with gross-motor-skill delays, for example, and even those who are visually impaired. In the case of the

"I LOVE THE WORK THAT I DO. THE KIDS—THEY DREAM BIG. THE IDEAS THEY COME UP WITH ARE AWESOME."

HELPING KIDS
LEARN TO LIVE
HEALTHIER

Nancy Easton

WELLNESS IN THE SCHOOLS,
NEW YORK CITY
wellnessintheschools.org

Marybeth
(foreground) at
the Wildwood
Elementary School
playground in
Baton Rouge with
LSU student
volunteers and
Wildwood pupils

As a vice principal at a New York City public school, Nancy Easton, 49, watched too many kids “coming to school with a bag of chips and a soda for breakfast, eating processed food at lunch and then often running around getting into fights or not being active.” She figured she had to do something. “Here we were,” she says, “teaching students how to behave and how to read and write, but we were also teaching them to eat chicken fingers for lunch—which I felt was the wrong message.”

So in 2005, she co-founded Wellness in the Schools, whose goal is to make schools healthier places to learn. The nonprofit—which focuses on fitness and environmental awareness as well as nutrition—serves 40,000 students in 75 public schools in the city as well as partnership districts,

kindergarten through 12th grade, with the goal of eventually expanding into a national program.

Through its Cook for Kids program, which partners with the New York City Education Department, Wellness in the Schools trains recent culinary school graduates, who work with cafeteria staffs to prepare healthful school lunches, including a

**“THE KIDS WILL
MAKE RECIPES
IN CLASS ONE
DAY, AND THE
FOOD WILL
BE ON THEIR
LUNCH MENU
THE NEXT
WEEK.”**

salad bar (with freshly made dressing) in every school, no sweetened milk, and a meatless lunch one day a week. “Seventy-five percent of the students in New York City public schools live below the poverty line,” Easton says, “and that meal is often the only hot one of the day for these children.”

The chefs also visit classrooms to teach children to cook, working with the same recipes they use in the cafeteria. And under the guidance of “head coach” Steve Weatherford, New York Giants punter, the program brings trained coaches into school yards with a tool kit of games aimed at encouraging even normally inactive kids to participate.

“When we started out, I couldn’t have imagined that we would grow to be such a vibrant program,” Nancy says. “Now I dream even bigger: I have a vision that every child in this country will eat healthy and play healthy.”

latter, Marybeth says, “We made it so that kids can run without hitting anything and where all the children, both visually impaired and those who see, can gather together.”

Sometimes, what excites the children is a surprise to Marybeth’s team. “One pre-K playground had this little rusty red gate left over from old play equipment. We joked that it looked like the ‘gate to nowhere.’ But when we talked to the teachers, they said they had created a game in which the kids would run through the gate while yelling the name of a place they wanted to visit in the universe. I realized that the ‘gate to nowhere’ was really a ‘portal to anywhere.’ So we kept that gate.”

Through it all, Marybeth says she has learned an important lesson: “If you build it, then kids will use it in all the wonderful ways they can.”



Nancy
discusses
nutrition
at PS 89 in
Brooklyn.

ABSOLUTELY adorable DIY HALLOWEEN COSTUMES — BONE — FOR KIDS

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projects, so
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was a no-
brainer. I love
that the
clothes are
usable after
Halloween
is over!"



**DUCT TAPE
SKELETON**

Kersey Campbell, andweplay.com

STUFF YOU HAVE

- Black long-sleeve shirt • Black leggings • Scissors
- Cutting mat • Craft knife

STUFF YOU NEED

- Roll of glow-in-the-dark duct tape in white

1. Have child put on shirt and leggings.
2. Cut a long strip of duct tape for spine and adhere to shirt. Cut two strips for each leg, leaving a gap at knee. Adhere to leggings. Cut two strips for each arm, leaving a gap at elbow. Adhere to sleeves.
3. Cut shorter strips of tape for ribs, then cut each strip in half lengthwise to make thinner strips.
4. For hip bone, lay two strips of duct tape on cutting mat, so edges slightly overlap. Use craft knife to trim as shown, cutting corners off top edge and making an inverted V on bottom edge. If shirt is long and worn untucked, adhere this piece to shirt. Otherwise, adhere to leggings.



"I'm crazy in love with the fruit trend that has popped up the last couple years. I thought it would be fun to whip up a fruit-inspired costume for my daughter."

Swap in a hood for the hat and she becomes Little Red Riding Hood.



APPLE CAPE

Delia Randall, deliacreates.com

STUFF YOU HAVE

- T-shirt • Tape measure • Scissors • Cardboard
- Tapestry or yarn needle • Thread • Yarn

STUFF YOU NEED

- 1 to 1½ yards of red felt • Polyester batting • Fold-over elastic
- Brown felt • Green felt

1. Cape: Using a T-shirt that fits child, measure length from shoulder to hem and add 2". Double the measurement and cut a circle from red felt with a diameter that size.

2. Fold circle in half and mark center. Lay T-shirt on top of felt, so neck is aligned with center of circle. Use shirt as a guide to mark width of neck hole, then cut an oblong hole slightly wider than what you marked. Cut a 2" slit down from neckline so cape slips over child's head easily.

3. Cut arm slits on front of cape.

4. Hat: Cut a circle of cardboard with a 6" diameter. Cut two circles of red felt, one with a 5" diameter and the other with a 12" diameter. Set smaller one aside. Sew a running stitch, using double-threaded needle, around perimeter of larger felt circle. When you reach end of circle, lay felt on work surface, then lay a handful of batting on top and cardboard circle on top of that. Pull thread tight, gathering felt circle around cardboard batting. Make a few more stitches to secure gathers. Knot thread and remove needle. To tuft hat, thread needle with yarn and insert into center of cardboard. Sew small stitches back and forth until secure. Place hat on work surface, wrong side up. Lay elastic in a loop, with raw ends resting on hat. Glue small felt circle to underside of hat, covering raw edges of elastic.

5. Stem and leaves for hat: Cut a 2" x 6" piece of brown felt. Roll; glue to secure. Glue stem to center of hat. Cut a leaf out of green felt and glue next to stem.



OCTOPUS

Mariah Leeson, gigglesgalore.net

STUFF YOU HAVE

• Safety pins • Glue • Double-sided tape • Plain knit hat • Long-sleeve shirt

STUFF YOU NEED

• 4 matching pairs of tights • Cotton batting or polyester stuffing • Elastic belt • White felt • Black felt

“My mom told me about an octopus costume her mom made for her. I loved the idea of re-creating a cherished memory from my mom’s childhood, and it inspired me to turn something plain and ordinary into something extraordinary for my own daughter.”

1. Stuff 3 pairs of tights with batting, starting at toes and ending 2" to 3" above crotch line.
2. Lay belt flat on work surface. Pin waistbands of tights to inside of belt, so legs drape over as shown. (Plan to clasp belt in back.)
3. For eyes, cut out two large ovals from white felt and two small circles from black felt. Tape white circles to hat, then tape black circles to white circles.
4. Have child put on shirt and remaining pair of tights. Wrap belt with stuffed tights around waist and fasten in back. Arrange hat on head so eyes face forward.



Leave a few strips of cloth hanging from the arms for extra creepiness.



MUMMY

Janel Hutton, nelliebellie.com

STUFF YOU HAVE

• Scissors • White sheets • Optional: 1 quart brewed coffee, water, bucket • White pants • White long-sleeve T-shirt • Face powder

“My son, Levi, created this himself, and he utterly owned it on Halloween. He was the best mummy you ever did see, bar none!”

1. Use scissors to make cuts in sheets, about 3" apart. Tear sheets into strips.
2. Optional: Pour brewed coffee or tea into a bucket or basin; add water to make a light-brown solution. Let strips soak in solution for several hours. Rinse and dry.
3. Dress child in pants and long-sleeve T-shirt. Wrap strips around child, tying one strip to next. Wrap torso first, then wrap groin separately (and in a simple fashion, so child can go to the bathroom!). Finish by wrapping limbs, leaving the joints loose enough for child to walk and move. Apply powder to face, then wrap head.

COURTESY OF MARIAH LEESON, GIGGLES GALORE (OCTOPUS COSTUME, LEESON); COURTESY OF JANEL HUTTON, NELLIE BELLIE (MUMMY, HUTTON)

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"I think my son makes a pretty adorable garden gnome! I used thin cotton fabric for the tunic, but felt is easier to work with and warmer, too."



"William is a kid who hates anything restrictive or fussy, so we needed something comfy that would also keep him warm. This costume is the perfect solution. Under all that fringe, he's wearing sweats!"

Fringing scissors make this project easier and more fun.



Jillian Wade,
foodfolksandfun.net

GARDEN GNOME

STUFF YOU HAVE

- Measuring tape • Scissors
- Tacky glue • Cardboard • Craft knife • Paintbrush • White top
- Black pants • Brown shoes

STUFF YOU NEED

- Blue felt • Paper party hat with elastic band • 12" x 12" piece of red felt • White elastic or grosgrain ribbon, ½" wide • White yarn
- Buckle template (download at allyou.com/buckle-template) • Gold paint • 1 yard black ribbon, 1½" wide

1. Tunic: For length, measure child from shoulder to just above knee. For width, measure around waist; add 2"; divide total by 2. Cut two rectangles out of blue felt using those measurements. Glue or sew shoulder and side seams. Cut bottom edge in a zigzag.

2. Hat: Unfold paper hat. Lay it flat on top of red felt; trace around; cut out. Glue felt to hat. Let dry, then roll into hat shape. Glue seam.

3. Beard: Cut elastic or ribbon long enough to comfortably slip around child's neck. Tie pieces of yarn to elastic, leaving ends slightly longer than you want them to be. When finished, trim yarn in shape of a beard.

4. Belt: Cut out buckle template and place on cardboard; trace around. Cut out, using craft knife. Paint buckle gold; let dry. Cut a piece of black ribbon several inches longer than waist measurement. Weave ribbon through buckle, sliding buckle to center of ribbon.

5. Dress child in top, pants and shoes. Put on tunic. Wrap belt around waist so buckle is in front; glue ends together in back. Place elastic beard around neck and tie loosely. Place hat on head.



Abby Larson,
stylemeprettyliving.com

PIÑATA

STUFF YOU HAVE

- Scissors • Stapler • Fringing scissors • Long-sleeve T-shirt
- Pants • Hot-glue gun • Piñata hat template (download at allyou.com/pinata-hat) • Safety pins

STUFF YOU NEED

- Tissue paper in a variety of colors
- Gold-fringe garland • Card stock

1. Layer 5 or 6 sheets of a single color of tissue paper. Cut into 3" to 4"-wide strips, stapling along one edge of strip to keep layers together. Repeat with remaining tissue paper. Fringe each strip with fringing scissors, cutting toward staples.

2. Trim garland so that fringe is same length as tissue paper fringe.

3. Cut T-shirt down back so child can slip into it, like a smock.

Beginning at hem of pants, glue fringe in rings around pants, alternating colors as you go. When pants are covered, continue with T-shirt, starting at hem. Add fringe to arms, starting at sleeve cuffs.

4. Headpiece: Cut out a strip of card stock, 2" wide and long enough to fit around child's head with 1" extra. Glue ends together to form circle. Place circle on card stock and trace around; cut out. Glue circle to top of band. Place headpiece template on card stock; trace around. Cut out. Glue tabs together, then glue tabs to band. Roll two card-stock cones to form ears and glue to top of headpiece, points facing up.

5. Cover headpiece in fringe, starting from bottom and layering rows toward top. Cover ears with fringe, using gold garland at top.

6. Dress child in outfit, using safety pins to close shirt in back.

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Carving by
artist Jon Neill

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LOOFAH COSTUME

Courtney Sanchez,
craftsbycourtney.com

STUFF YOU HAVE

- Needle • Thread • Doggie shirt or youth-size shirt • Rope leash

STUFF YOU NEED

- Decorative mesh

1. Starting at neck, sew mesh onto shirt, bunching it up as you work. Work around shirt in a circle until shirt is covered. Knot thread.
2. Dress dog in shirt and attach rope leash to collar.



"I had this costume done in no time, and it's easy to put it on and take it off her."



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Black-and-orange
Halloween
cat tutu, \$30;
rockindogscoolcats
.etsy.com.

CLOCKWISE FROM TOP LEFT: COURTESY OF COURTNEY SANCHEZ, CRAFTS BY COURTNEY (2); PET IT DOG APPAREL; AMANDA REINER FOR ZOE'S CRAFTY CREATIONS; PATTY SCHRANZ FOR ROCKINDOGS AND COOLCATS; LAINE WALKER FOR TURVYTOPSY; SHIANA LEA FOR HANDMADE MONSTER

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Q.

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OUR EXPERT
KRISTEN
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Smart Family Advice

Sound strategies for a happier home life

WHAT YOU SHOULD KNOW ABOUT FREE-RANGE PARENTING

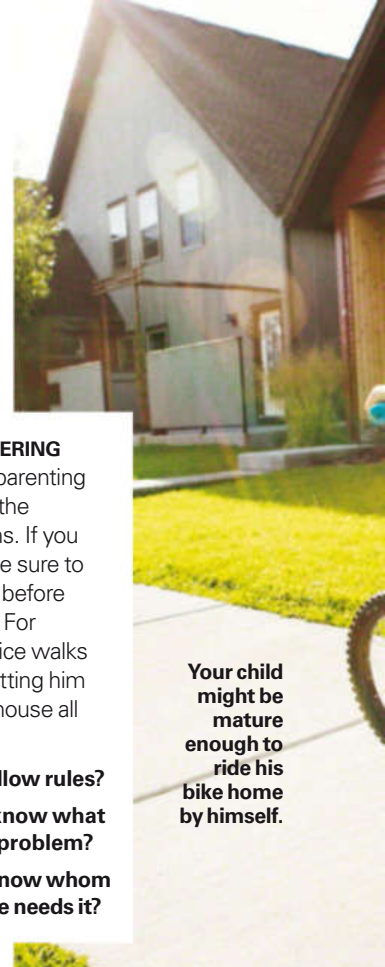
Would you let your 10-year-old take a public bus alone? Or would you allow your 7-year-old to ride in an elevator without you? Many parents who embrace so-called free-range parenting would say, "Why not?" Free-range parenting is a backlash to what's known as *helicopter parenting*: hovering and monitoring the child's every move. Proponents of free-range parenting say kids today are overscheduled and oversupervised. They point out that our world has never been safer, despite sensational headlines that evoke fear in some parents. The idea is not hands-off parenting but focusing on granting kids more freedom and responsibility, and I've personally found that doing so is good for a child's self-esteem and confidence.

Kristen C. Wynns, PhD, a child and adolescent psychologist, is owner of Wynns Family Psychology (wynnsfamilypsychology.com) in Cary, N.C. Have a question for her? Visit allyou.com/askwynns.

IF YOU'RE CONSIDERING giving free-range parenting a try, ask yourself the following questions. If you can answer yes, be sure to prepare your child before turning him loose. For example, do practice walks with him before letting him walk to a friend's house all on his own.

- Can my child follow rules?
- Does my child know what to do if there is a problem?
- Does my child know whom to ask for help if he needs it?

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GOT TWO MINUTES? MAKE A LOVE CONNECTION

It can be far too easy for spouses to drift apart over time, especially when you're both focused on jobs, kids and household. Before you know it, you can feel more like roommates than husband and wife. That's why it's important to make the effort to stay bonded romantically and emotionally, even when life gets crazy busy. A few easy ways to take advantage of fleeting moments: Grab his hand as you take the kids around the neighborhood for a walk. Bring home his favorite coffee or ice cream flavor.

Initiate a tickle fight (sounds silly, but kids love watching their parents play this way).

Write "I love you" in the steam on the shower glass or bathroom mirror for a morning surprise. Send him a text message that says why you're glad you married him.



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15AEBIAE

CHOOSE THE
APPROPRIATE

HOLIDAY CREDIT CARD

Take the sting out of gift purchases by pulling the right plastic from your wallet. We've found eight cards to suit your needs

By Ashley Tate

***The more
the merrier***

Got a long Christmas list? That's OK! The **Citi Double Cash** card gives 2 percent cash back (1 percent when you buy something, 1 percent when you pay) on each purchase. Unlike some cash-back cards, there's no limit on how much money you can earn in a year, plus you don't need to register online to receive your rewards. ➤



NICE—WHEN YOU'VE BEEN NAUGHTY

Don't let a less-than-stellar credit rating dampen your holiday fun. The **CapitalOne Secured MasterCard** can help you repair your numbers. Put down a minimum security deposit of \$49 and receive a card that regularly reports your usage to all three major credit bureaus and gives you free access to your credit score. Need a larger limit? Add to your deposit and you could get a line of credit as high as \$3,000.

The gift that keeps on... well, you know

Hey, why should family and friends be the only ones getting something? The **Chase Sapphire Preferred** card gives you 40,000 bonus points—the equivalent of \$400 (\$500 if you use the card to book travel) when you charge \$4,000 in the first three months. (Tip: To reach the requirement, use the card to pay monthly bills.) You also can transfer your points to participating travel programs and earn double points on travel and dining purchases.

Many happy returns

If you have a lot of finicky family members on your Christmas list, you might want to check out the **Discover Card Return Guarantee** program. It's one of the best around, offering refunds of up to \$500 per item (a maximum of \$2,500 per account annually) if a store doesn't accept your return within 90 days of purchase. Keep in mind: You'd need to submit a signed claim form, your Discover card statement and the sales receipt, plus pay for the postage to return the item.

BUYER BEWARE!

It's practically inevitable: Sometime during the next several weeks a salesperson probably will try to lure you into signing up for a store credit card. Resist, even if you're being offered something sweet in exchange (say, a 15 percent discount on your current purchase). **Apply only after you've researched the terms and conditions.**

And keep in mind: Getting a store's card makes sense only if you're a frequent shopper there. Most such cards have hefty interest rates, so if you get one, don't carry a balance.

37%

THE PERCENTAGE OF PEOPLE WHO SAY THEY USE CREDIT CARDS TO FINANCE HOLIDAY SPENDING

Source: creditdonkey.com

No more holiday money hangovers

If buying gifts for your nearest and dearest costs more than the discretionary portion of your monthly budget, consider the **Chase Freedom** card. It gives you 15 months to pay off your balance before you start accruing interest. What's more, there's a cash-back component: Earn 1 percent on every purchase and 5 percent in rotating bonus categories.

Black Friday buddy

Don't you hate it when you nab something at a great price—only to discover it's being sold for less somewhere else? Good news: Cardholders of all Citi credit cards are protected by **Price Rewind**, a service that scours retail offers online and refunds the difference if it finds a better deal within 60 days.

Scrooge, take note!

Unlike most credit cards, the **Citi Simplicity MasterCard** won't hit you with a lot of nasty fees, so you don't get dinged for paying by phone or making a late payment. Also pretty nice: You get a 0 percent introductory annual percentage rate (APR) on purchases and balance transfers for 21 months.

Back to Santa's workshop

Stolen laptop? Busted blender? No worries. Use an **American Express** card to buy the latest products and you'll get up to one year of coverage added to the manufacturer's warranty, gratis. Purchase Protection also helps guard against theft and accidental damage for up to 90 days from the date of purchase—so your kid's new smartphone is covered even if he drops it in the snow.

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A woman with long blonde hair is pushing a shopping cart filled with various groceries, including leeks, a pineapple, and leafy greens. She is smiling and looking towards the right. The background shows a blurred supermarket aisle with other shoppers.

AZ to guide to SAVING BIG on GROCERIES

Outsmart your supermarket with this alphabetized roster of simple strategies to trim your final bill. Call it savings—with a capital S

By Kate Rockwood

**A**

ASK FOR IT

Your grocer might be more accommodating than you think. Spot meat or seafood that's nearing its sell-by date? Ask the person behind the counter if it's going to be marked down soon—he might give you a discount right on the spot. Or, if the bakery is running a sale but your party's not for another month, ask if you can pay the lower price now and pick up your goodies later.

B

BULK

Buying a 5-pound bag of oranges instead of loose fruit can save you up to 40 percent. But that deal won't mean much if your family eats the food at lightning speeds. (Researchers at the University of Illinois found that when pantries were stockpiled with treats, people tended to gobble them twice as quickly.) For real savings, skip the grab-and-go bulk items and buy according to how much your family really needs to eat.

**D**

DO IT YOURSELF

Expect to dish out 40 percent more for presliced, packaged produce, be it squash, pineapple or watermelon. A smarter idea: Buy the whole fruit or vegetable and grab a knife for a fast five minutes of slicing, dicing and storing.

**C**

CASH

Studies show that handing over hard-earned dollars is psychologically harder than plunking down plastic, so you'll spend less if you pay in greenbacks.



E EVERY OTHER WEEK

MOST PEOPLE SHOP ONCE A WEEK, THEN RUN TO THE STORE ALMOST DAILY TO PICK UP ADDITIONAL ITEMS SUCH AS A GALLON OF MILK AND A LOAF OF BREAD. NOT GOOD. STUDIES SHOW THAT IMPULSE BUYS JUMP 23 PERCENT ON UNPLANNED TRIPS. FOR MAXIMUM SAVINGS, AIM FOR TWO MAJOR SHOPPING TRIPS EACH MONTH, NABBING EXTRAS ON THE WEEK BETWEEN.

**F**

FREEZER

You can put more than meat and seafood on ice—great news if you're looking to stock up on discounted perishables. Don't hold back on bargain butter, berries, nuts, hummus, cheese and even raw eggs (beat them and freeze in ice cube trays). Tip: Bread freezes best if you put a paper towel inside the package first.

**G**

GENERIC

You could save as much as 60 percent by buying store brands (not a lot of money is spent on packaging and advertising, so there are fewer costs to pass on to customers). Your best bets: canned vegetables and cereal. And remember, most stores offer a money-back guarantee on their own brands, so hang on to your receipt for extra assurance, in case the generic is not up to par.

**H**

HOLD OFF

An offer that boasts "Buy two, get one half off" might seem like a steal, but know this: Almost every item in the store will be knocked down to 50 percent off at some point, and it's worth waiting for the deeper discount before stocking up.



YOU



I

Sale item out of stock? Ask the store for a rain check, which lets you buy the item—at the sale price—once it's back in stock, even if your coupon is no longer valid. Also worth a shot: See if you can use the coupon you have on a similar item.



JUMBO

Single-serve products such as oatmeal and yogurt are convenient but can cost up to 30 percent more than jumbo-size versions. Opt for big containers—then divvy up portions at home.



K

KEEPING TABS

Americans toss out 28 percent of the fruits and veggies and 27 percent of the grains they buy, according to the National Resources Defense Council (NRDC). To prevent food from going to waste, take a periodic inventory of your pantry and fridge: Anything nearing its expiration date should be moved front and center. The website supercook.com can help you use what you have by generating recipes based on the ingredients you enter.



L

LANES

There's a reason impulse buys—candy bars, magazines—are placed near cash registers: Store managers know you're more likely to check them out while standing in line. One way to resist the "last grasp" is to scan your own groceries. Studies show that spur-of-the-moment purchases drop significantly when shoppers do the scanning themselves, because there's less last-minute merchandise to grab at the self-checkout stands. What's more, because self-check lines usually are shorter, you'll have less time to be tempted.

M MEAT

THE MARKUP ON PRECUT MEAT CAN BE AS MUCH AS 300 PERCENT! KEEP COSTS LOWER BY BUYING A LARGE CUT AND HAVING THE BUTCHER TRIM IT INTO PIECES (STRIPS FOR A STIR-FRY, SAY, OR CUBES FOR A STEW).



N

NUMBERS

Signs with numbers in them (LIMIT: 5 PER PERSON, for example) coax shoppers into spending twice as much as they planned, according to a study in the *Journal of Marketing Research*. Write the amount you want to buy on your shopping list—and stick to it. And remember: When multiples are advertised for a single price (10 FOR \$10), you usually don't have to buy them all to nab the lower price.

the
LURE
of the
STORE

SUPERMARKETS
USE ALL KINDS OF TRICKS
TO GET YOU TO SPEND.

THE TRICK

RELAXING MUSIC Ever wonder why supermarkets seem to favor easy-listening tunes? Turns out, music that has a relaxed tempo—slower than the average heartbeat—encourages shoppers to linger in the store and thus buy more.

YOUR MOVE Plug in your headphones and crank up fast-paced tunes such as Kelly Clarkson's "Heartbeat Song" to move you through the aisles much faster.

THE TRICK

SEDUCTIVE AROMAS There's a reason you often smell fresh-baked goodness the moment you step into the grocery store: The scent can get shoppers' salivary glands going, making it harder to resist temptation.

YOUR MOVE Pop a mint. It satiates hunger, and that blast of freshness helps override other scents.

THE TRICK

FREE SAMPLES! That tray full of cheese might seem harmless, but a Cornell University study found that shoppers who indulge are more likely to make a postsample purchase.

YOUR MOVE Eat before you go. Hungry shoppers are more tempted by food, especially when it's free. To curb your impulse to nibble, enjoy a healthy snack about an hour before you shop.

THE TRICK

CREATIVE LIGHTING The better food looks, the more likely people are to load up. Some stores use bright-white lighting to give fruits and veggies a just-picked appearance, while red-tinted illumination makes prime cuts appear even fresher.

YOUR MOVE Find different lighting. Give that container of blueberries or pound of porterhouse a closer look away from the faux glow.

THE TRICK

EASY ACCESS EDIBLES Open refrigerated cases encourage impulse purchases, because shoppers can grab items more easily.

YOUR MOVE Reconsider. If you're craving a \$10 container of sushi, wheel your cart to another aisle to mull over the purchase. Research shows it takes about 20 minutes for the stimulated sensors in your brain (responsible for impulse control) to calm down. —Nicole Frehsee

O ORGANIC

BETTER FOR YOU (AND THE PLANET) BUT SOMETIMES TOUGH ON YOUR WALLET. WHAT'S MORE WORTH THE EXTRA MOOLA: PRODUCE THAT'S LIKELIER TO ABSORB PESTICIDES (BELL PEPPERS, BERRIES, PEACHES). WHAT'S LESS WORTH IT: FOOD WITH A TOUGH EXTERIOR (AVOCADOS, CORN, MANGOS, ONIONS).

P

PLAN AHEAD

A lot of people figure out their weekly meals before they do their grocery shopping. To maximize savings, try switching things around by buying main-dish ingredients when they're on sale, then creating meals around those items.

Q

QUALITY

Don't assume food on the clearance rack with a sell-by or best-by date that's fast approaching is off-limits. A Harvard/NRDC survey found that 90 percent of Americans throw out food too early because they don't understand date labels. Terms such as those indicate when an item is at its peak quality, not when it expires.

R

RECEIPT

Most of us are too busy unloading our carts to also watch the register, so review your slip carefully before you leave the store to ensure that the sales rang up properly. (Those scanners aren't foolproof!) Some chain stores will give you an item for free if it scans at the wrong price.



S

SOCIAL MEDIA

On Facebook, like your favorite grocery stores and food brands to get access to special offers and sales they share with their social media fans. On Twitter, follow the stores and brands along with @CouponCraving, @MoneySavingMom and similar accounts.



FIVE CLEVER CLICKS

THE SECRET TO SAVING MONEY—AND TIME—IS RIGHT AT YOUR FINGERTIPS. CHECK OUT THESE 'HOW DID I LIVE WITHOUT IT?' APPS.



How low can you go? **Red Laser** will clue you in.

Simply scan an item's bar code and you can instantly compare prices at nearby grocery stores and websites.



Watch a 15-second video (or take a survey) and knock some money off a product—that's the premise behind **Ibotta**.

After you buy the item, simply scan the receipt. Reach \$10 in rebates and cash out through PayPal or Venmo.



Put an end to key-chain clutter! **Key Ring**

stores all your loyalty cards (plus weekly ads, coupons and shopping lists) on your phone. Just scan it at checkout.



BerryCart offers cash back on good-for-you foods

(organic, vegan and more). Select a deal, buy it in the store, then take a photo of the receipt. You can get reimbursed through PayPal or receive gift cards.



It doesn't get much easier than this: **Retale**

sends thousands of coupons and circulars from stores in your area directly to your smartphone. Just look at the offerings and pick the ones you want.

Make each moment a little *sweeter.*

New!



MANUFACTURER'S COUPON EXPIRES 11/16/2015

SAVE 55¢
when you buy ONE (1)
HERSHEY'S Pudding 4 pack.

Reproduction, alteration, transfer or sale of this coupon
or its contents is prohibited and is a criminal offense.



0043000-637403



RETAILER: Kraft Foods Group, Inc. or a subsidiary, will reimburse the face value of this coupon plus handling if submitted in compliance with its Coupon Redemption Policy, previously provided to you and available upon request. Cash value 1/100¢. Coupon can only be distributed by Kraft Foods Group, Inc. or its agent. Mail to: Kraft Foods Group, Inc., P.O. Box 880051, El Paso, TX 88588-0051. Offer expires: 11/16/15. CONSUMER: One coupon valid for item(s) indicated. Consumer pays any sales tax and will not receive any credit or cash back if coupon value exceeds purchase price. Any other use constitutes fraud. VOID IF COPIED, TRANSFERRED, PURCHASED OR SOLD. Valid only in the USA, FPOs and APOs ©2015 Kraft Foods

Available at your local
SUPERCENTERS

T

TWO FOR ONE

Cook once, eat twice: Stock up on sale items so you can make at least two nights' worth of meals at once. Flank steak at a good price? Make enough for two dinners (a straight-up steak one night, say, and a stir-fry the next).

WHERE TO BUY WHAT

One-stop shopping is nice, but going to a grocery store to nab every item on your list can be expensive.



MILK

Convenience stores and drugstores often promote big savings on moo juice to encourage shoppers to stop in—then pay full price on other items. Costco, Sam's Club and other warehouse clubs can offer deep discounts as well (if you have fridge space for multiple gallons).



FRESH PRODUCE

Ethnic markets tend to spend less on advertising, so they're able to offer produce at lower prices. At a farmers market, you might be able to negotiate a deal if you shop at the end of the day and offer to buy larger amounts.



CANNED GOODS

If you're already at a dollar store, peek at the nonperishable aisle. The savings can be hit or miss, but if you watch the unit price, you might net deals from manufacturers trying to clear out inventory.



HEALTH AND BEAUTY PRODUCTS

Target and Walmart regularly trump grocery stores on toiletries, but you can get even better deals if you layer coupons and sales at drugstores.



V VINO

The best time to indulge is late summer to early autumn. That's when last year's bottles go on sale to make room for new vintages. Consider wines from the well-established yet often overlooked Old World regions of Spain—in particular, Albariño (a reasonably priced white wine from Rías Baixas) and Tempranillo (a red variety from Rioja).

W WHEELS

PUSHING A HUGE GROCERY CART CAN INFLUENCE YOU TO BUY UP TO 40 PERCENT MORE, INDUSTRY EXPERTS HAVE FOUND. CARRYING A HEAVY BASKET CAN TRIGGER IMPULSE BUYS, TOO. TO OPTIMIZE SAVINGS, GRAB A MINI CART. IF YOUR STORE DOESN'T OFFER SMALL CARTS, PUT YOUR COAT IN THE BOTTOM OF A LARGE CART SO THERE'S LESS AVAILABLE SPACE.



WHO KNEW? Research shows that people who bring their own bags buy more organic goods—and junk food.

U

UNIT PRICE

For the smartest deal, don't just eyeball a product's price—consider the unit price. Check the shelf tag under each item to find the cost per ounce, quart or pound. When you're buying meat, check out the cost per serving instead, because fat and bones figure into the weight.

Sources: Emily Guy Birken, author of *Choose Your Retirement*; Kimberly Danger, founder of *mommysavers.com*; Richard J. George, Ph.D., professor emeritus at St. Joseph's University in Philadelphia; Phil Lempert, editor of *supermarketguru.com*; Stephanie Nelson, founder of *couponmom.com*; Amy Corron Power, managing editor and tasting director of *anotherwineblog.com*; Paco Underhill, author of *What Women Want: The Science of Female Shopping*; Andrea Woroch, consumer savings expert

X

'X-TREME' COUPONING

Don't bother with scissors: Websites such as redplum.com and smartsource.com compile the coupons available in your area. Just print them out or load them onto a store loyalty card. Tip: Many chains double the face value of most coupons on certain days of the month; ask your grocer about the store's policy.

Y

YAY!

If you're crazy about a certain product, send the company a quick note to say so. Some manufacturers will mail you coupons as a thank-you for your fan letter. Also, sign up for free samples from Procter and Gamble (pgeveryday.com) and new products from Kraft (kraftfirsttaste.com).



Z

ZEST IT UP

When it comes to spices, drugstores tend to offer better deals than grocery stores, where brand-name bottles can be marked up as much as 90 percent. But for the best deal, go to a natural-food store with bulk bins: You can get exactly the amount you need and not waste money by buying spices you'd need to toss later because they got stale.

More miles. More memories.



Road trips aren't about the destination. They're about the journey. Mobil 1™ is engineered to provide unsurpassed engine protection so you can focus on what really matters in life.

walmart.com/Mobil1

Mobil 1

Performance by ExxonMobil

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DO YOUR OWN REPAIRS— STASH SOME SERIOUS CASH

When the engine starts making a weird, pinging noise or a windshield wiper goes wonky, most women will gladly give their car keys to a mechanic. But taking matters into your own hands might be the smarter (read: less expensive) way to go. An oil change, for example, could set you back as much as \$46, even though performing the task yourself isn't all that hard. Here are four car-maintenance repairs *you* can handle, no problem.*

*MAKING LIKE A MECHANIC
MIGHT BE A LOT EASIER THAN
YOU THINK. GRAB A WRENCH
AND GET GOING*

By Gwen Moran

*Always follow the specific recommendations and instructions in your vehicle's manual.

BEFORE YOU BRING IT IN...

A 2013 study from the Kellogg School of Management at Northwestern University in Illinois found that, on average, women tend to pay more for auto repairs than men, because mechanics assume women don't know much about how their four-wheelers work. But here's the catch: The study also found that when women *do* seem to be clued in to the inner workings of their cars (for example, mentioning an expected price for a repair), they're a lot less likely to be scammed. How else can you ensure you don't get taken for a ride?

CLICK BEFORE YOU PICK

When choosing a repair shop, check that the technicians are certified by the National Institute for Automotive Service Excellence (ase.com).

DO SOME SLEUTHING

Figure out what's wrong beforehand by using a tool such as CarMD (\$120; carmd.com) or Actron (\$178; actron.com). Plug one of the devices into your car's connection port (beneath the dashboard) to get the car's computer codes, then plug it into your computer to see what problems the codes indicate—along with suggestions for a fix and an estimate of what a repair is likely to cost. Or visit carcare.org to get up to speed on typical repairs and questions to ask your mechanic.

ACTUALLY READ THE OWNER'S MANUAL

OK, maybe not every single page, but do skim through it. You can **avoid unnecessary maintenance** if you know what needs to be done at every service interval.

1 CHANGE THE OIL

THE AMBER-COLORED LIQUID HELPS YOUR CAR RUN SMOOTHLY BY LUBRICATING THE ENGINE AND KEEPING THE CRANKSHAFT AND OTHER PARTS FROM GRINDING TOGETHER AND CAUSING FRICTION.

WHAT YOU NEED TO KNOW

The viscosity (thickness) and number of quarts your car requires (check the owner's manual). Also determine whether the vehicle has conventional or synthetic oil (the latter needs to be changed less frequently).

THE TOOLS

- Car jack with stand
- Latex gloves
- Rags
- Oil drain pan
- Oil filter wrench or oil filter housing tool required by manufacturer
- Proper-size socket wrenches for your vehicle (see owner's manual) to remove splash drain plug and splash shields
- Screwdriver (typically Phillips head, but check the owner's manual)
- Oil filter
- Gaskets or O-rings for drain plug and oil filter (if needed)
- Replacement drain plug (if needed)
- Oil
- Funnel

STEPS

PREP:

① Start your car and let it run for a few minutes. Oil drains more easily if it's slightly warm.

② Turn off the ignition. Lift the hood and remove the oil cap (it's near the top of the engine). That is where you'll put the new oil after you drain the old stuff. Now, locate the oil pan underneath your car (look for a flat metal pan that's close to the engine). It will have a plug or bolt that you'll need to remove so that the oil can drain out. If you're having trouble finding either, check the owner's manual.

③ Slip on latex gloves, then check the oil level by removing the dipstick—usually near the engine—wiping it clean with a rag, then reinserting it. Wait a few seconds, then pull it out again. This time check to see where the oil ends. If the oil doesn't reach the marking on the stick, your oil level is low, and you might have an engine problem that needs to be checked. Set the dipstick aside.

④ Raise the car using the vehicle's jack, according to manufacturer's instructions in the manual.

CHANGE THE OIL:

① Place the oil drain pan below the drain plug underneath the car to catch the outflow. Using your wrench, loosen and remove the drain plug. Oil should begin to drain into the pan.

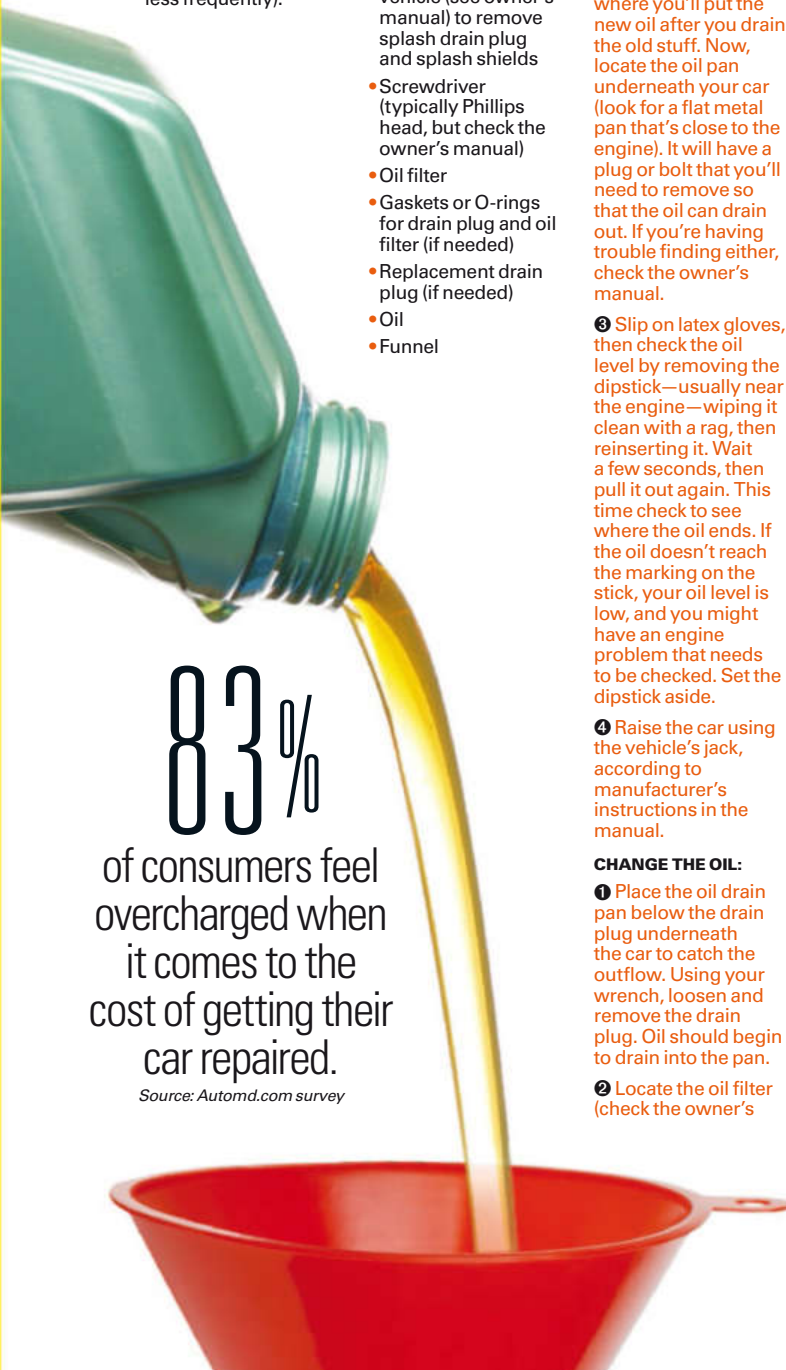
② Locate the oil filter (check the owner's

manual). If your car has a screw-on oil filter, carefully remove it with the filter wrench (it might have oil in it that needs to be drained into the oil pan). Screw on the new oil filter by hand. If your car has an oil cartridge, remove it by loosening the filter cap from the cartridge housing, using a tool recommended by the car's manufacturer. There might be an O-ring seal on the drain plug and housing cap; remove them and set aside. Remove the filter, then use a rag to clean the filter cap and housing. Replace used O-rings with new ones, and apply a bit of clean engine oil. Insert the filter cartridge and replace housing.

③ When the oil has drained, remove the pan. Clean and replace the drain plug, making sure it's snug.

④ Add oil, using a funnel to avoid splashing. The amount you need can be found in the owner's manual, but figure on about 4 quarts. Check the oil level with the dipstick, replace the cap, start engine and check under the car for leaks. Turn off engine and recheck oil level. (Once oil circulates through the filter, the oil level should drop, so it's important to recheck the oil after the vehicle runs.)

⑤ Remove jack and dispose of oil according to your community's requirements. By law, oil-change providers must accept your used motor oil, although they may charge a small fee for doing so.



83%
of consumers feel
overcharged when
it comes to the
cost of getting their
car repaired.

Source: Automd.com survey

2 CHANGE THE AIR FILTER

THIS SMALL PART TRAPS AIRBORNE DEBRIS (DUST, LEAVES, BUGS) BEFORE IT CAN GUM UP YOUR ENGINE.

WHAT YOU NEED TO KNOW

The type and size of filter needed for your vehicle (check the car's manual). Note: Some manufacturers install long-lasting filters that are difficult and expensive to replace. It's not the norm, but check before starting.

THE TOOLS

- Appropriate tools for removing the air filter housing (check the owner's manual)
- Shop vacuum
- Replacement air filter (the best quality you can afford)

STEPS

- 1 First, be sure the engine is cool. Locate the air filter housing (usually in a plastic case near the top of the engine); remove the top. If the case is held together with clamps, screws or bolts, remove them.
- 2 Use a shop vacuum to clear out any debris

you discover in the housing.

3 Lift the old filter out of the case, vacuum again and insert a new filter, making sure it fits properly in the housing.

4 Replace top; reattach clamps or screws.

3 CHECK TIRE PRESSURE

MAINTAINING PROPER AIR PRESSURE IN YOUR TIRES MEANS A SMOOTHER RIDE—AND YOU USE LESS GAS.

WHAT YOU NEED TO KNOW

The manufacturer's specifications for tire pressure (you probably can find them on a sticker on the driver's side door jamb or inside the glove compartment)

THE TOOLS

- Air pressure gauge (gas stations have air hose gauges, but they're usually not as accurate)
- Air compressor (your own or one at a gas station)

STEPS

1 Park your car by the air dispenser at the gas station. (Have some quarters handy—it's likely to cost a few dollars.) Be sure your tires are cool: Warm air inside the tires can cause them to expand and might result in an inaccurate reading.

2 Remove the cap from the valve on the tire and place it somewhere safe.

3 Push the air pressure gauge firmly over the valve until you get a reading. If the tire needs air, first check for obvious wear and tear (filling tires that are worn or punctured can be dangerous). If the tire is in good shape, push the compressor's nozzle onto the valve to add air in short bursts, until you no longer hear air being released. Some compressors allow you to preset the pressure; otherwise, check the pressure with your gauge after each burst of air. Never overinflate your tires; it can increase your risk of a blowout. If you accidentally add too much air, let some of it out by depressing the valve.

4 When you're done, replace the valve cover, tightening it until it's snug.

MILESTONES **EVERY 3 MONTHS/3,000 MILES:** • Check car fluids • Measure tire pressure • Change oil (check car manufacturer specifications). **EVERY 6 MONTHS/5,000 MILES:** • Check battery charge • Inspect wiper blades • Change synthetic oil (check car manufacturer's specifications). **EVERY 9 MONTHS/9,000 MILES:** • Check air filter • Examine tires for wear and tear • Check battery charge. **EVERY 12 MONTHS/12,000 MILES:** • Change air filter (more frequently in dusty climates) • Change windshield wiper blades

4 REPLACE THE WINDSHIELD WIPERS

PICK UP A NEW PAIR AT A GAS STATION OR AUTO BODY SHOP. (PRO TRICK: EXTEND THE LIFE OF YOUR WIPER BLADES BY CAREFULLY WIPING THEM DOWN WITH RUBBING ALCOHOL ONCE A MONTH.)

WHAT YOU NEED TO KNOW

The length of your wipers (check with a tape measure or find the size in the owner's manual)

NO TOOLS NEEDED

Unless removal is problematic, you need only your hands.

STEPS

1 Carefully raise the wiper arm away from the windshield, to the point where it remains upright. Don't force it, and be careful not to let it drop (it could crack the glass). Examine the area that holds the blade in place and look for the connector that releases the blade. Most likely it will be a tab you push in or

unlatch. Jiggle the blade until it comes off; if you're having trouble, use a screwdriver or pliers to help get it free.

2 Remove the old blade and insert a new one, sliding the blade onto the assembly until it clicks into place.

3 Gently lower the arm back onto the windshield. Repeat with the other blade, then test the wipers to be sure they've been installed correctly.



LET THE BOO'ING BEGIN

BOO IT FORWARD TO LOVED ONES NEAR OR FAR



HOW DO YOU BOO?



Make A BOO Bundle:

Include treats
and a "We've Been
BOO'D" sign



Secretly Gift It:

Leave BOO bundles
on porches,
doorsteps or desks



BOO It Forward:

Encourage
recipients to BOO
someone new

Happy Halloween...Let The BOO'ing Begin!
Walmart.com/BOOitForward, #BOOITFORWARD



Available at **Walmart**



KEY

MORE FUN THAN
FEARSOME



KINDA CREEPY



SERIOUS
GOOSE BUMPS



SUPER SCARY



SCAN THE
TOMBSTONE,
BELOW,
TO BUY IT.
See page 2.



HOMES, SWEET HOMES



Trolling the neighborhood for candy just got easier, thanks to this crafty little app. The Halloween Treat Map (free, Android, iOS) from Nextdoor lets you "mark" your house with a tiny candy-corn icon so trick-or-treaters will know you'll be dropping something yummy into their bags this year (your own kids can see where to go for goodies, too). Now if there were only a way to tell who's handing out the full-size bars!



HIGH SPIRITS



Best. Photo bomb. Ever. Freak out family and friends by adding an eerie app-arition to the background of your snaps. Choose from more than 70 images—including scary clowns, disembodied hands, Samara (that ticked-off little girl from *The Ring*), and, yes, your garden-variety ghoul too. Cool feature: You can adjust the opacity of your creation.

Ghost Effects
(free, iOS)

HAPPY HAUNTED HALLOWEEN

Let new gadgets and simple crafts get you in the spirit(s)

STONE-COLD SCARY SOUNDS



Rest in peace? Says who?! Conjure up a macabre mood by turning your front lawn into a graveyard with this plastic 15-inch Bluetooth-activated headstone, complete with an ominous-looking skull. (Corpse not included.)

Bluetooth tombstone (15" H x 11" W x 4" D), \$25; homedepot.com.

Up the chill factor by playing spooky music during the night via remote. Visit Spotify and stream the ALL You playlist, which includes "The Addams Family Theme," "The Devil Went Down to Georgia," "Ghostbusters," "Theme from *Halloween*," "I Put a Spell on You," "Monster Mash," "(Don't Fear) The Reaper," "Somebody's Watching Me," "Superstition," "Thriller," "Werewolves of London" and "Witchy Woman."



WE'VE GONE BATTY!



Make an eerie display on your porch. Cut bats out of craft foam. Fold in half, and use a pushpin to make a hole in center of fold. Thread a needle with monofilament and push needle through hole. Knot filament and hang bat.



SCAN THIS PHOTO TO BUY THE PRODUCTS ON THESE PAGES. See page 2.

BURNING DOWN THE HOUSE



Get all fired up for Halloween: Place this spotlight (or a couple) on your lawn, let the red and yellow swirling flames cast a diabolical glow, and—Hell-o—you've got the hottest house on the block!

Fire and Ice spotlight, \$20; lowes.com.



BOO YOUR FRIENDS AND NEIGHBORS!

Booing—leaving a bag of treats on a friend's doorstep—is the latest Halloween craze. If you're a lucky recipient, hang an I'VE BEEN BOOED sign in your window, then pass the goodwill along by booing two other people. (You can find sign templates on Pinterest.)



Four ways to customize a boo bag

DRESS UP PAPER SACKS WITH THESE IDEAS.

- 1 Make stripes out of colored and patterned duct tape. For the handle, fold over the top of the bag and cut a rectangle along fold.
- 2 Decorate a bag with orange and black circular stickers. Fill the bag with candy, then fold the top over and seal with a sticker.
- 3 Draw the outline of a cat on a bag and fill in the shape with glue. Cut a collar out of orange paper and place it on cat's neck. Sprinkle glitter over glue. Let dry before filling the bag.
- 4 Cut the top of the bag into jagged shapes. Write *Boo!* on the front with a marker. Fill the bag, then tie it closed with black tulle.

RYAN BENYI (BATS, BAGS)

ADVERTISEMENT



LET THE BOO'ING BEGIN

Join Our Monstrous Movement...#BOOITFORWARD

MONSTER MASH-UPS

Transform any selfie into a fearsome picture by downloading one of these smartphone apps.



Zombie

Take a turn as a brain-eating zombie, complete with dangling eyeballs and moving maggots.

Zombify, Android (free), iOS (\$3)



Vampire

Become a 3-D animated blood-sucking vampire that grows fangs.

Vampify, Android (free), iOS (\$1)



Werewolf

Shape-shift into a ferocious werewolf that sprouts facial hair.

Wolfify (free), Android, iOS



JEEPERS CREEPERS

Squeamish types might freak when these creepy-crawlies scurry their way.

Remote-control brown spider prop, \$15; buycostumes.com. Crawling Halloween monster hand, \$24; grandinroad.com.



TALKING DEAD

This battery-operated mini megaphone changes your voice into something terrifying: the sound of a flesh-eating zombie. Clip it onto a key chain and let the goose bumps begin!

Instant zombie voice, 50 Fifty, \$9; calendars.com.



AFRAID OF THE BARK

Plant this gnarly, sound-activated tree in your yard and watch it come to life whenever unsuspecting trick-or-treaters cross its path.

Shaking spooky tree (27½" H x 20" W), \$25; buycostumes.com.

\$23

AVERAGE AMOUNT AN AMERICAN HOUSEHOLD SPENT ON HALLOWEEN CANDY LAST YEAR

Source: National Retail Federation Halloween survey



A DOOR THAT ROARS!

Cover door in sections of black and red paper, using double-stick tape to adhere. Cut triangles out of white paper for teeth. For the eyes, cut semicircles out of orange paper, then cut out a semicircle from the top of each eye for the pupils. Tape to door.

HOW DO YOU BOO?

1

Make A BOO Bundle: Include treats and a "We've Been BOO'D" sign

2

Secretly Gift It: Leave BOO bundles on porches, doorsteps or desks

3

BOO It Forward: Encourage recipients to BOO someone new



Available at Walmart

Coffee-Break *Fun*

Sip a cup of joe and enjoy these brainteasers



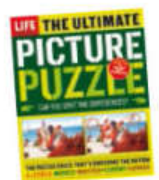
Picture Puzzle

DON'T BE SPOOKED!
This Halloween puzzle is not as scary as it might appear. Spot the 13 tricky differences between the top and bottom images, then give yourself a treat.

A
—
B
—
C
—
D
—
E



1 | 2 | 3 | 4 | 5



WANT MORE PUZZLES?
LIFE picture puzzle books are available at bookstores and online retailers. Check out life.com/books/puzzle and collect the entire series.

BEERMAN COLLECTION/SUPERSTOCK

*Solution on page 102

SPOOKTACULAR PARTY TIPS

Get your Snack Scientist hat on and host a Halloween bash that your kids will love! For a night of hauntingly good fun try these creative party solutions and festive recipe concoctions.



1. GET CREATIVE WITH COSTUMES

Tell kids to come decked out in their favorite costumes and offer prizes for scariest, funniest and most original.

2. MIX UP A FRIGHTFUL Fanta® PUNCH

Create a drink that's to die for by mixing 1/2 liter of **Fanta®** orange soda with a 46 oz. can of pineapple juice and 3/4 of a container of thawed orange sherbet. Add gummy eyeballs for a ghoulish effect.



3. MAKE WICKED OREO® BATS

Mix 9 crushed **OREO®** cookies with 4 ounces of cream cheese to form 12 1" balls. Insert lollipop sticks, dip in melted chocolate and place on wax paper. Freeze for 10 min. For wings, split 12 **OREO®** cookies in half, cut the tip of one side of each cookie to form flat edges. Dip cookie half in melted chocolate to adhere. Decorate with candy eyes and white icing. Refrigerate for 1hr.



Share your creative concoction photos using **#SpookySnackLab**



CRANK OUT CREATIVE CONCOCTIONS

Creative Concoctions Await!

Pick up Fanta® and OREO® for your Halloween party!

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SUZANNE
GERBER

YOUR horoscope

SEE WHAT THE STARS HAVE
IN STORE FOR YOU IN **OCTOBER**



LIBRA (SEPT. 23–OCT. 23)

Hello, superconnector! Your people skills are your secret weapon, and you'll be welcome in any group you care to join. But use your powers wisely. There are only so many hours in a day, and you don't want to waste time with people who don't keep you stimulated. After the 8th, you may shift into hermit mode—even you need the occasional downtime away from the madding crowd.

SCORPIO (Oct. 24–Nov. 22)

Don't be surprised if you're the belle of every ball you attend. While you'll still need your alone time, you're definitely feeling the magnetic pull of social gatherings. On the 17th, you could reconnect with someone from your past. Explore the possibilities: Together you could do incredible things!

SAGITTARIUS (Nov. 23–Dec. 21)

Let your arrow fly! The sky's the limit when it comes to your career. On the 8th, your ease in group settings will give you a leg up on your rivals. The 17th is one of the best days of the year for you, professionally speaking, so look your best—and tuck some business cards into your wallet.

CAPRICORN (Dec. 22–Jan. 20)

All that hard work you've been doing is about to pay off big-time, so don't quit five minutes before the miracle happens. Continue to improve your skills and keep a positive attitude. You've been noticed, and great things could happen as soon as Mercury straightens out on the 9th.

AQUARIUS (Jan. 21–Feb. 18)

Fancy a getaway? Now's the time to go. Or broaden your horizons virtually by taking a workshop or signing up for a lecture series. Don't take your most intimate interpersonal connections for granted. They need to be nurtured like a garden, and you'll definitely reap what you sow.

PISCES (Feb. 19–March 20)

Whether you're single or coupled up, your love life soars on the 8th! Don't be shy about expressing your desires—your mate or date is eager to please! If you've been delaying an important conversation, take the plunge on the 27th, when a full moon in Taurus lends major support.

ARIES (March 21–April 20)

Work and health are your main concerns, but bear this in mind: Too much of the former will negatively affect the latter. Slow down and do one thing at a time, and do it well. A new moon in your partnership corner on the 12th signals exciting things to come for the rest of the year.

TAURUS (April 21–May 21)

Don't overschedule yourself this month. You'll be more content lying low—at least until the 23rd, when your social life takes precedence over pretty much everything. This is also a creative time, so if there's a memoir or an art project you've been mentally working on, make it real!

GEMINI (May 22–June 21)

Trying to push ahead on a project before expressive Mercury straightens out on the 9th will be an exercise in frustration. But after that, you could strike gold. You may experience a pleasant surprise on the home front on the 17th, so keep your options—and your mind—wide open.

CANCER (June 22–July 22)

When Mercury resumes forward motion on the 9th, all the crazy misunderstandings you've been experiencing with family and friends sort themselves out. You could forgive someone or deepen a bond thanks in large part to your communication skills, which are stellar on the 17th.

LEO (July 23–Aug. 22)

Your charisma and magnetism are at their annual high the first week of the month. What do you want to accomplish in your personal or professional life? Write it down, visualize it happening, then go for it! After the 7th, a job prospect or new income stream you've been coveting could become a reality.

VIRGO (Aug. 23–Sept. 22)

They say luck is what happens when preparation meets opportunity, and the planets align in Virgo on the 17th to shower good fortune on you. But you can't sit back waiting for it to happen. Apply adequate amounts of elbow grease and keep your eyes on the prize.

all you
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GREAT PRIZES

This month, **allyou** wants to spruce up your home for fall

2

READERS WILL WIN
**a Jennifer Adams
queen-size Eternal sheet
set and luxurious robe**

Surround yourself in comfort with a spa-worthy collection from designer Jennifer Adams. The soft, lightweight microfiber sheets and pillow cases are durable and wrinkle-resistant but cozy enough for autumn nights.



**\$473
VALUE**

4

READERS WILL WIN
a Nilsen accent chair

Add a pop of color to a room with this upholstered chair from Sauder in vibrant orange. The cushioned seat and back provide plenty of comfort, and the sleek solid-wood legs lend a sophisticated look.



**\$190
VALUE**

9

READERS WILL WIN
**a Yankee Candle
fall fragrance set**

Bring quintessential seasonal aromas into your home with these five candles, each in its own glass tumbler. This collection of scents: Lush Berries, Autumn in the Park, Crisp Morning Air, Vanilla Bourbon and Sugar and Spice.



**\$116
VALUE**

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"Coffee-Break Fun," p. 96

SUDOKU

9	2	6	3	8	4	5	7	1
3	4	1	7	5	6	2	9	8
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CROSSWORD

OPEN	STEM	PRO
PUMA	CORE	LAD
UNIT	RESOLUTE	
STRIPE	TWO	
VIEW	OKRA	
STRETCH	SKIER	
TEA	CHEST	FLAM
EARTH	ECONOMY	
TREE	LIIRA	
ASP	EMBLEM	
TRILLION	BIDE	
HUM	EPIC	EMIT
YEP	DELR	DATE

PICTURE PUZZLE

No. 1 (A1): Who's that drifting downstairs? A ghost. No. 2 (A4 to B5): The hat is extra-large. No. 3 (A5): More than a Halloween prank: Someone stole the window shutter. No. 4 (B1): The boy's crown is taller. No. 5 (B2 to C2): A jack-o'-lantern has joined the scene. No. 6 (B3 to B4): A true princess wears a tiara. No. 7 (B4 to D5): Our little witch can trick-or-treat faster on her handy broom. No. 8 (B4 to B5): She's letting her hair grow out. No. 9 (D3): Does he know his balloon turned pink? No. 10 (D4): Oh no! Someone's treats basket disappeared. No. 11 (E1 to E2): Several small bricks have merged into one. No. 12 (E2): The pirate will be warmer at sea with longer pants. No. 13 (E4 to E5): Those are some big shoes to fill.

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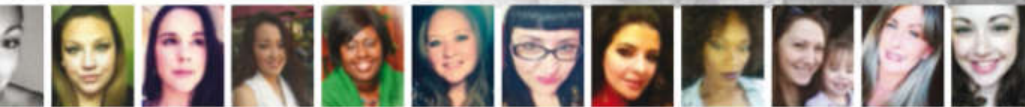
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Shouldn't moms get to play, too?

I'm often a little jealous of my 5-year-old daughter. First of all, she's got beautiful, honey-brown ringlets—people actually stop us on the street to compliment her hair. Then there's her creamy skin, pretty as a ripe pear. She also plays a mean game of Uno, has a wild sense of humor and effortlessly makes up hilarious country and western songs about dinosaurs. Who wouldn't be jealous?

But I'm most envious, by far, of her boundless creativity. Every day, all day long, she imagines, builds, colors, dreams, creates. At 5, she has no concept that it's possible for a person to spend entire days—weeks, *years* even—without making something, or making something up. For her, there's nothing special about playing so hard that she's transported into another world. It's as familiar as brushing her teeth.

Sometimes I do get a glimpse into the world she inhabits. On rainy or snowy days, my daughter and I like to color together. We listen to our favorite Dolly Parton songs and huddle up with our gigantic basket of crayons and an extra-large coloring book, so we can work on the same picture (we're both lefties, so it takes some arranging). Every mom knows that coloring can be a real sanity saver on a crummy day, but there's also something magical about sitting quietly with your child and ignoring everything else while you work together. No distractions, nowhere else to be, no

butting heads over snack time or screen time. Just reinventing a black-and-white picture as something original, full-color and totally us. When I look over at my daughter's little face, so serious, intent and thoughtful, I think: I always want her to remember this feeling. And then: I miss feeling that way myself.

Drawing and coloring and imagining are all part of what I like to think of as the “job description” of childhood. When I drop off my daughter at school, I tell her in a serious voice, “Play hard! Play like it's your job!” Usually she just giggles and runs off.

Thing is, our little ones have finger paints, crayons, building blocks and time devoted to using them every day. As moms, I think we need a similar outlet. Even if it's just 15 minutes, that's 15 minutes of reading, dancing, baking, building, writing, drawing or dreaming, of exercising the imagination—anything that makes us feel like we're coloring on a rainy afternoon, lost in the work of creating something magical.



THE AUTHOR
SHOBHAN ADCOCK is the director of digital content for ALL You and the author of The Barter, a ghost story about motherhood and marriage set in contemporary and historical Texas.

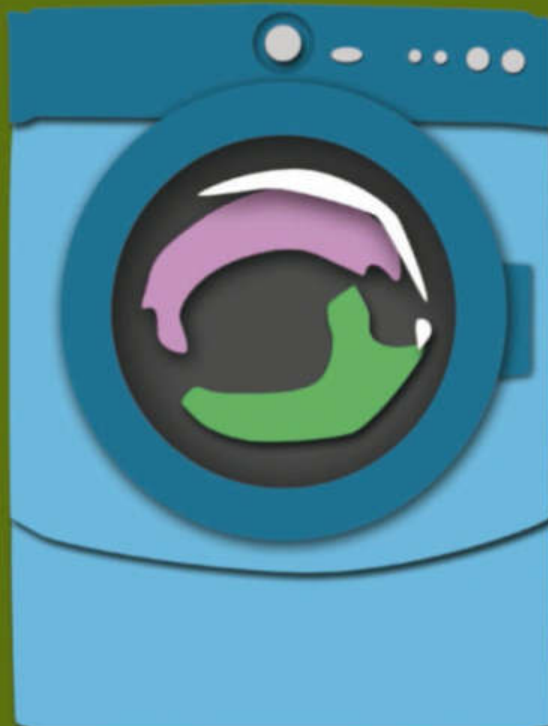
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